

Bowel Cleansing Preparation for Virtual Colonoscopy

This informational sheet will help you prepare for your procedure by cleansing your lower intestinal tract. It is important that you follow and complete all directions carefully. **DO NOT** stop taking your regular medications unless told by your doctor ordering this test. Take the medications, foods and fluids in the amounts specified, and at the times shown, unless otherwise instructed by your doctor ordering this test.

Following these instructions will provide the best results and avoid having to repeat the procedure. Individual responses to laxatives vary so remain close to the toilet once you have started the bowel cleansing process.

PLEASE NOTE THE FOLLOWING:

- A high fluid intake is required for this preparation. Drink at least one full 8 fl oz glass of water at each of the times specified. **DO NOT USE MILK, CREAM OR NON-DAIRY CREAMER.**
- If you are a diabetic, you will need to check with your doctor to determine the necessary steps to control your blood sugar.
- You will need to come to Windsong Radiology to pick up your preparation packet. This will cost approximately \$25.

YOU MAY DRINK ONLY LIQUIDS THAT YOU CAN SEE THROUGH

Items that you CAN have on the clear liquid diet:

- Apple Juice
- White Grape Juice
- Kool-Aid
- Sports Drinks- Gatorade, Powerade, etc. (**Recommended**)
- Water
- Tea (no cream, milk or non-dairy creamers)
- Soda
- Soups- clear broth or bouillon
- Popsicles
- Hard candies- no caramels or chocolate candies
- Jello- no jello with fruit or cream additives

Items you CANNOT have on the clear liquid diet:

- Solid Foods including nuts, fruits and seeds
- Dairy Products- ice cream, sherbet, pudding, yogurt or milk
- Alcohol

Please follow these next steps diligently:

Five Days Before Your Test:

- Avoid foods like corn, nuts, fruits with skins or seeds, potato skins, vegetables that are not well cooked. These items may interfere with your procedure.

The Day Before Your Test:

○ **Before 11:00am-** Peel the backing off the packets of Bisacodyl® Tablets and remove the two (2) enclosed tablets. Take both tablets with one (1) full 8 oz. glass of water. (DO NOT CHEW TABLETS). Bisacodyl® Tablets generally produce bowel movement in 6 to 12 hours. Do not take Antacids within 1 hour of taking the Bisacodyl® Tablets.

In addition, you are still able to drink clear soup (any broth); strained fruit juices without pulp; flavored gelatin (do not add extra ingredients); soft drinks, black coffee or plain tea.

○ **Between 2:00pm-6:00pm-** Drink (1) bottle of Magnesium Citrate (Mag-Citrate). Be sure to drink at least four (4) 8 oz glasses of clear liquids during this time period.

In addition, you are still able to drink clear soup (any broth); strained fruit juices without pulp; flavored gelatin (do not add extra ingredients); soft drinks, black coffee or plain tea.

○ **Between 5:00pm-9:00pm-** This step should be started at least 3 hours after the previous step.

Drink ½ (half) the bottle of Barium Sulfate (Redi-Cat), discard the other half left. Drink a second bottle of the Magnesium Citrate (Mag-Citrate) (whole bottle). Be sure to drink at least four (4) 8 oz glasses of clear liquids during this time period.

In addition, you are still able to drink clear soup (any broth); strained fruit juices without pulp; flavored gelatin (do not add extra ingredients); soft drinks, black coffee or plain tea.

○ **Between 8:00pm-12:00pm-** This step should be started at least 3 hours after the previous step.

Drink both bottles of Gastrografin (diatrizoate). You may drink it undiluted or you may mix it with 8 oz of clear juice or soda to improve the flavor. Be sure to drink four (4) 8 oz glasses of water between 8:00pm and 11:00pm.

DO NOT EAT AFTER 9:00PM- YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UNTIL MIDNIGHT.

Day of Procedure

DO NOT EAT OR DRINK ANYTHING- Except necessary medications (ex: medications for blood pressure, seizure disorders, irregular heart rates or for thyroid issues)

What Happens During the Test?

After changing into a gown, you will be placed on the CT scanner table. The technologist will need to distend your colon by placing a small, soft tube into the bottom of the colon and administering CO₂. We ask that you 'hold onto' the air for the duration of the procedure. As the air is given, you may experience a bloated feeling and some discomfort. Please let us know if you are uncomfortable.

You will be scanned initially lying on your back. We will then ask you to turn onto your stomach and we will scan a second time. You will be asked to hold your breath during each scan for about 25 seconds. If you have to breathe, please do so shallowly. We may need to give additional CO₂ when you turn on your stomach.