

PREPARATION INSTRUCTIONS FOR VIRTUAL COLONOSCOPY

(ALSO KNOWN AS CT COLONOGRAPHY)



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DIAGNOSTICS

Patient Preparation

Read these directions at least **48 hours before your examination**. This kit will help you prepare for your exam by cleaning out your lower bowel. It is very important that you follow each step and complete all instructions or the exam may have to be repeated. Keep in mind that individual responses to laxatives may vary, so remain close to washroom facilities once you take the Phospho-soda Solution.

Day Before Exam

8:00 am	Eat a light meal (refer to guidelines on reverse)
Noon (lunch)	No food—drink at least one 8-ounce glass (250 ml) of clear liquid only (refer to guidelines on reverse)
1:00 pm	Drink at least one 8-ounce glass of clear liquid
2:00 pm	Drink at least one 8-ounce glass of clear liquid
3:00 pm	Drink at least one 8-ounce glass of clear liquid
4:00 pm	Take Phospho-soda Solution (refer to directions on reverse of this page). Follow immediately with at least one 8-ounce glass of clear liquid.
5:00 pm	Drink at least one 8-ounce glass of clear liquid
6:00 pm (dinner)	No food—drink at least one 8-ounce glass of clear liquid
7:00 pm	Drink at least one 8-ounce glass of clear liquid
8:00 pm	Drink at least one 8-ounce glass of clear liquid
9:00 pm	Take four Bisacodyl tablets (refer to directions on reverse)

Please note: You must drink all of the clear liquids listed above; you may drink more fluids, but not less.

Day of Exam

- Do not drink any liquids
- Do not eat breakfast
- One hour before leaving for exam, insert Bisacodyl suppository (refer to directions on reverse)

What to Expect at Your Appointment

A small tube will be inserted into your rectum to inflate your colon with air until you feel full. During the exam you will be asked to turn from your back to your stomach. You must hold your breath for several seconds at a time. The exam takes approximately 15 minutes. If requested, one of our radiologists will phone you with your results, or alternatively you can get your results from your referring physician at your convenience.

If you have any questions, please contact one of our Patient Care Specialists directly at 301.4525 or toll-free at 1.877.4CT.4MRI.

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Clear Liquid Guidelines

Clear liquids include:

Strained fruit juices without pulp (ie. apple, white grape, lemonade), water, clear broth or bouillon, and coffee or tea (without milk or non-dairy creamer). You may have all of the following that are not colored red or purple: Gatorade, carbonated and noncarbonated soft drinks, Kool-Aid (or other fruit flavored drinks), plain Jello (without added fruits or toppings), and ice Popsicles.

Diet Guidelines

Light meal includes:

- Clear soups (fat-free), small portions of skinless chicken or turkey, fish, white bread (no butter), plus any of the clear liquids recommended above.
- Do not eat vegetables, fruits, nuts, fats, butter, milk, cheese, beef, pork, lamb or whole grain cereals.

Phospho-soda Solution Directions

(Please follow these directions – not the directions on the Phospho-soda Solution box)

- Pour entire Phospho-soda bottle into half a glass (4 ounces /125 ml) of cold clear liquid and drink immediately. Phospho-soda usually works within one hour. These laxatives will cause multiple watery bowel movements, often starting within 30 minutes but possibly delayed as long as three hours. Remain within easy reach of a restroom. If needed, apply a small amount of the hydrocortisone cream around the anal area after each bowel movement to lessen the irritation. If you are menstruating, it is okay to wear a tampon.

Bisacodyl Tablet Directions

- Take all four Bisacodyl tablets unless directed otherwise by your doctor. Swallow tablets whole with a full 8 ounce glass of water (do not chew or dissolve tablets). Tablets taken at bedtime usually take effect the following morning.
- Do not take tablets within one hour after taking antacids and/or milk. Bisacodyl tablets may cause abdominal discomfort, faintness, rectal burning and/or mild cramps.

Bisacodyl Suppository Directions

- Remove foil wrap from suppository. Lie on side and insert suppository well up into rectum (push suppository in gently as far as possible and against bowel wall). Wait 15 minutes before evacuating bowel, even if the urge is strong. Suppositories are usually effective within 15 minutes to one hour (if suppository is soft, put it in the refrigerator one to two minutes before use). If no bowel movement follows insertion of the suppository, do not be alarmed. This means the bowel has been emptied from previous laxatives and the suppository will be absorbed into your system within 1–2 hours.

Note

Contact your doctor if you are on a sodium restricted diet or if you have kidney disease, heart disease, diabetes or allergies.

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