

Preparations for Virtual CT Colonoscopy

Your doctor has requested a Virtual Colonoscopy examination. This is a CT scan procedure to look at your colon (large intestines). ** Not all health insurance providers pay for the virtual colonoscopy for the purpose of colon cancer screening . Check with your health insurance provider to see what tests are covered.

For this exam to be successful, it is important for you to empty and cleanse your colon of any residual stool. Please read all the way through these instructions at least three days before your scheduled appointment so you can ensure that you have everything you need and that you have no questions before starting the prep.

The CT Department will provide you with:

Two 30 mL bottles of Gastrografin

One 450mL bottle of Readi-Cat – (you will only need to drink half of this bottle)



Your doctor will prescribe a colon prep for you to pick up at the pharmacy

Additionally, you will need to drink plenty of clear fluids:

Gatorade (no red colors), water, clear juice, clear carbonated beverages (Sprite, 7Up, seltzer)

Instructions:

TWO days before your Virtual Colonoscopy exam: Low residual diet all day

Foods you are allowed to eat soup, fish, white meat chicken, eggs, white rice, bread (not multi grain), crackers, plain yogurt (2 cup limit), clear fruit juice, clear beverages, pasta (not whole wheat), potato w/o skin, broth, bouillon, gelatin, popsicles, and jelly

Food you should avoid because they take longer to digest: Potato skins, popcorn, whole grains (such as oatmeal, brown rice, quinoa, or wheat bread), dried fruit, all raw vegetables, raisins, nuts, seeds, jams, and marmalade

ONE day before your Virtual Colonoscopy exam: clear liquids all day


Foods you are allowed: any foods you can see through, apple or white grape juice, gelatin, clear broth, clear fluids, sports drinks, bouillon, Black coffee, Tea

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Foods to avoid, milk products, creams, cheeses, any items with red dye, alcohol.

*Try and drink an 8oz glass of water every hour throughout the day and up until midnight

On the day before your appointment, you will begin the prep for your exam. There are two parts to this prep, one to cleanse your bowel following the instructions on the product recommended by your physician. **Some cleansing products may not be covered by insurance. The other part is to use the products that you picked up in the Radiology dept that will help show up the inside of your colon more clearly on images during the CT procedure. Please follow the scheduled instructions for both as they are written.


 **8am** – Please read and follow the instructions for the cleansing prep prescribed by your doctor and begin at the designated time.

5pm – Drink half of a bottle of the Readi-Cat provided to you by the Radiology Department

8pm – Mix two 30mL bottles of Gastrografin provided by the Radiology Department with 8oz of water or clear juice or clear carbonated beverage and drink it.

9PM – 12p Unless instructed on the cleansing bowel prep to do differently do not have anything to eat or drink after midnight until after the procedure the next day

On the day of your Virtual Colonoscopy:

 For some of the cleansing preparations it will continue into the morning of your procedure. Follow the guidelines of the cleansing prep otherwise, do not have anything to eat or drink until after your procedure is completed.

You may take your regular medications with very small amount of water.

Please report to registration area in the Radiology department 30 minutes before your appointment time. From there you will be greeted by a CT Technologist who will answer any questions you have and guide you through the procedure.

*Please note: if you are diabetic, you can have sugar free drinks during your prep to avoid increases in blood sugar. Closely monitor your blood sugar over the two days you are prepping.

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Golytely Prep Instructions

You will need: GOLYTELY Bowel Prep Kit *Prescription* and 4 (four) Dulcolax tablets

Instructions for prep:

The day before your procedure:

- **At 6PM**- Begin slowly drinking $\frac{3}{4}$ of the prep solution, followed by plenty of clear fluids.
- **9:00PM**- Take 2 Dulcolax tablets.

NOTE: If you feel nauseous during the preparation, cease drinking for 1-2 hours and take the evening Dulcolax tablets early.

The day of your procedure:

- **At least 4 hours prior to your arrival time** - Take 2 more Dulcolax tablets and drink the remaining $\frac{1}{4}$ of the prep.