



# **CT COLONOGRAPHY PREPARATION**

[Virtual Colonoscopy]

**LSG** IMAGING

## **PROPER BOWEL CLEANSING**

There are 5 components necessary to ensure an adequately cleansed bowel.

**Hydration** - It is important to drink between 3-4 liters (4 quarts) of clear liquids the day before the study.

**Bisacodyl** - A stimulant laxative that softens stool to increase bowel movement.

**Magnesium Citrate** - Used to cleanse the bowel of fecal material.

**Barium Sulfate 2%** - Used to tag any remaining stool left behind to avoid calling any adherent stool a polyp.

**Iohexol** - Used to tag any remaining fluid left behind in the colon so any submerged polyps can easily be identified.

To get a clean and empty colon you will start to prepare the day before your exam. Both a clear liquid diet and the contents of bowel prep kit are needed to clean out the colon. The bowel prep kit contains laxatives and contrast material. The laxatives will help clean out the bowel for the exam while the contrast will help to differentiate stool from true polyps.

### **THE DAY BEFORE YOUR EXAM** (PREP DAY)

**Do not eat any solid foods.** Starting the morning before your exam drink only clear liquids (3-4 liters / 4 quarts) throughout the day to ensure adequate hydration. If you are on a fluid-restricted diet, please speak with your doctor to make sure this prep is right for you. Clear fluids are to be consumed throughout the day, including tea and coffee without milk, to avoid dehydration and to make the laxative work better.

**Please avoid red liquids.**  
(i.e., red jell-o or cranberry juice)

Diabetic patients are also limited to a clear liquid diet for the 24 hours before the examination. This will alter normal caloric intake for the 24 hours and it is important to adjust insulin levels and oral hypoglycemic agents accordingly. Patients should try to maintain a blood glucose level of 70mg/dl during this period.

[CLEAR LIQUIDS MAY INCLUDE]

**APPROVED:**

Water

Coconut Water

Gatorade / Powerade

Tea / Coffee (no cream but may use coconut, almond or soy milk; sugar or honey may be added)

Iced Tea

Apple / White Grape / White Cranberry Juice

Lemonade (with no pulp)

Soda / Diet Soda such as Sprite / 7UP / Ginger Ale

Vitamin Water / Crystal Light

Jell-O / Popsicles (no fruit or cream added)

Clear Hard Candy / Gum

Clear Broth or Consomme

**NOT APPROVED:**

Orange Juice

Tomato Juice

Grape / Grapefruit Juice

Red Cranberry Juice

Prune Juice

**Avoid RED Liquids**

## **RULE OF THUMB**

If you can see through it & there is nothing floating in it, you can drink it!

If you take other medicines, take them 1 hour before or 1 hour after taking the laxative (magnesium citrate)

## STEP ONE 11AM

Take the two \*Bisacodyl tablets (5 mg each) with 1 glass (8 oz) of clear liquid. This will gently help move your bowels (6-8 hours after you take this medicine) to help the laxative taken in Step 2 work better. You can take these tablets and still do normal activities because they will rarely cause diarrhea.

\*These are in the small white envelope marked 11:00 a.m. that is stapled to the inside of the bag.

## STEP TWO 2PM

**OPTION A** Drink one bottle (296 ml) of magnesium citrate, with at least 4-6 cups (8oz) clear liquids.

-or-

**OPTION B** Dilute one bottle into at least 4-6 cups (8oz) clear liquids. Drink slowly over 1-1 1/2 hours as it is more gentle on your system. *This is a laxative, so you should begin to have closely spaced bowel movements. You will want to be near a restroom. The time for laxative to start working varies for each person, but usually takes between 30 minutes and 2 hours before working.*

"Wet Wipes" are preferred to regular toilet tissue as it is far gentler on skin.

**Note:** Calmoseptine ointment should be applied to the anal area after each bowel movement to prevent irritation from occurring.

### STEP THREE 5PM

Drink 1/2 bottle of Rendi-Cat (250ml)  
(Barium Sulphate Suspension)  
Discard the remainder

### STEP FOUR 5:30-6PM

Drink the second bottle (296ml) of magnesium citrate followed with at least 4-6 cups (8 oz) of clear liquids before starting Step 5. This is a laxative and will continue the process of cleaning out the colon. It is okay to dilute the magnesium citrate.

### STEP FIVE 8PM

**OPTION A** Drink one bottle (75ml) Iohexol undiluted. You may find it tastes better if you quickly drink it and then follow it with 1 cup (8 oz) of clear juice, soda, or water. This will dilute the medicine in your stomach.

-or-

**OPTION B** Mix one bottle (75ml) Iohexol in 1 cup (8 oz) of clear juice, soda, or water. If you dilute the medicine, you must be able to drink the entire amount, but *it is not necessary that you drink it quickly.*

***You may keep drinking clear liquids until midnight, but then you must remain in a fasting state until the examination is concluded.*** By following these instructions and drinking up to 3-4 liters (4 quarts) during the preparation, the colon should be optimally prepared for the V.C.

### **THE DAY OF YOUR EXAM**

Do not eat or drink anything after midnight on your exam date until you are advised to by the radiologist after your exam. You may take your daily medicines as prescribed with small sips of water. If you haven't been able to have a bowel movement or to finish the prep kit, please call to reschedule the exam for a later date.

### **AFTER THE EXAM**

Once the study is completed you will be allowed to dress, leave and enjoy a full meal. You may resume your usual medication schedule and normal daily routine. We suggest you bring a light snack with you.

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