



# **VIRTUAL COLONOGRAPHY PATIENT INFORMATION**

## **VIRTUAL COLONOGRAPHY PATIENT PREPARATION**

### **Patient Instruction & Information**

**In order for you (the patient) to complete the examination, your colon must be cleansed of all fecal material. During the day before the procedure, you will need to take a laxative and will be required to restrict your diet. The combination of the diet and laxative is called the patient preparation phase ("The Prep"). During the exam, you must be able to hold your breath for 30 seconds and lie on your stomach or side. During the test, a small rectal tube is inserted and air is instilled. You may experience mild cramping. A CAT scan is done in both the prone (on your front) and supine (on your back) positions. Depending on the reason for the study, you may receive an intravenous injection of an iodine based contrast material. You will be in the room for approximately 30 minutes.**

**Detailed prep instructions are on the following pages.**

**If there are any questions that you may have, please feel free to call us at the following number:**

**Dakota Radiology, PET/CT Dept**

**2929 Fifth St.**

**Rapid City, SD 57701**

**(605) 721-1662, Ext 323**

## Prep

### Liquid diet and bowel cleansing

#### **TWO DAYS BEFORE THE EXAM:**

With breakfast, lunch, and dinner, follow a low fiber diet. (See low fiber diet sheet). With each meal, drink 1 bottle of Tagitol.

#### **ONE DAY (24 HOURS) BEFORE THE EXAMINATION:**

##### **You may eat any of the following:**

- 1. Clear soup (any broth without solid material)**
- 2. Strained fruit juices without any pulp**
- 3. Flavored or unflavored gelatins (do not add any extra ingredients)**
- 4. Black coffee (no milk, cream or other “creamers”)**
- 5. Plain tea (no milk, cream or other “creamers”)**
- 6. Soft drinks, soda (no milk or dairy products)**

**8 AM – Morning:** You may have a CLEAR liquid breakfast. Clear liquids consist of water, tea, coffee (no dairy products), strained fruit juice, broth, Jell-O, and Popsicle. Do not eat any solid food throughout the day. You should take your regular medications with water, unless otherwise instructed by your physician.

**12 Noon** – Eat a clear liquid lunch and drink at least 8 fluid ounces of clear liquids.

**1 PM.** – drink at least 8 fluid ounces of clear liquids.

**2 PM.** – drink at least 8 fluid ounces of clear liquids.

**3 PM.** – drink at least 8 fluid ounces of clear liquids.

**4 PM.** – drink at least 8 fluid ounces of clear liquids.

**5 PM.** – Have a clear liquid dinner and drink at least 8 fluid ounces of clear liquids. Clear liquids consist of water, tea, coffee (no dairy products), strained fruit juice, broth, jell-O, and popsicles. Do not eat any solid food throughout the day.

**6 PM.** – Drink 1 bottle of Magnesium Citrate (10 fluid ounces). The solution will cause you to have repeated loose stool (diarrhea), which is the expected result. It typically works within 30 minutes, but may take as long as 3 hours to have an effect. **Drink an additional 8 fluid ounces of clear liquids.**

**7 PM.** – drink at least 8 fluid ounces of clear liquids.

**8 PM. – Take all 4 Bisacodyl Tablets, unless directed otherwise by your doctor. Swallow with a whole full glass of water.** Do not chew or dissolve tablets. Do not give tablets to any person who cannot swallow without chewing. Tablets taken at bedtime are usually effective the next morning. During the remainder of the evening, you may drink clear liquids if desired, but do not eat solid food until after the procedure is completed the following day.

**9 PM. – drink at least 8 fluid ounces of clear liquids.**

### **THE MORNING OF THE EXAMINATION:**

You should take your regular medications with water, unless otherwise instructed by your physician. If you have an afternoon procedure, you may have clear liquids until 10 AM. If you are diabetic, take ½ of your usual dose of insulin on the morning of the procedure unless otherwise instructed by your physician. **Ninety minutes before leaving for your test, insert the Bisacodyl suppository** (remove foil, pointed end first into your rectum). Retain the suppository for at least 15 minutes, if possible before evacuating, even if the urge is strong. This suppository will help you evacuate any residual stool inside your lower bowel. If you have any other questions regarding your medications, please call your primary care physician.

*Please notify your doctor if you have any of the following conditions. You may need to take a modified preparation that is not listed here.*

- **Kidney Disease**
- **Renal failure**
- **Congested heart failure**
- **Sodium restricted diet**
- **Pregnant or nursing a baby**

*Also, please notify the technologist if you have any of the following conditions:*

- **History of Crohn's disease**
- **Lack of intact ileocecal valve or a history of a right colectomy**
- **Recent colectomy**
- **Absence of anorectum**
- **History of pelvic irradiation**