



## CT Virtual Colonoscopy Preparation

- You need to be nil per mouth for at least 6 hours prior to the procedure (i.e. no food or drink).
- If you have any allergies, especially to iodine, or if you are pregnant, please inform the radiographer or medical secretary when you make your booking and before any scans are performed.
- Patients that are taking glucophage, metformin or a derivative of, usually stop their medication 24hrs before and after the CT examination. Please discuss with referring doctor.
- Your heart rate needs to be at an optimal level which may necessitate drugs being administered prior to the procedure.

## Do These Things 1 Day Before the Procedure

Start a strict, clear liquid diet. If you put a liquid in a clear glass and you can see through it, it is probably OK to drink. A clear liquid diet can include:

- Apple, white grape, and cranberry juices.
- Beef or chicken broths that are clear.
- Tea and coffee without milk.
- Soda pop, Gatorade, kool-aid and various jell-o flavour (any colour except red).
- Avoid juices with pulp, milk, cream and solid food.
- 12:00 noon: Drink 1 ounce of Coloprep mixed with a glass of water. Then drink clear fruit juice (like apple juice).
- 06:00pm: Drink 1 ounce of Coloprep mixed with a glass of water. Then drink clear fruit juice (like apple juice).
- 08:00pm: Take the 2 Bisacodyl tablets by mouth with 3 glasses of water. Please continue drinking lots clear liquids until you go to bed.
- The Coloprep will cause you to have many bowel movements. This needed so you will have a clean colon for the procedure.
- If you have problems completing this preparation, call your doctor or nurse.
- At 08:30pm mix 60ml of Gastrografin in 2L water. Drink slowly until you go to bed.

## Do These Things on the Day of the Procedure

- Take your normal medication with a sip of water.
- You may have clear liquids until 3 hours before the procedure.
- Bring your escort with you to your appointment.
- Arrive 30 minutes before your appointment time.

## Procedure

The procedure is approximately 20 minutes to an hour. It will be necessary to inflate the colon with air to enhance visualization. A very narrow Foley's catheter will be inserted into the rectum to do this. A Buscopan injection may be administered to relax the bowel.

## After Procedure

You might feel slightly bloated for a very short while after the examination, but you will be able to continue with your daily routine.