PREPARATION FOR CT VIRTUAL COLONOSCOPY
“OPTION #1C: FULL PREP WITHOUT STOOL TAGGING WITH SAME DAY OPTICAL COLONOSCOPY”
(START TWO DAYS PRIOR TO CT)

1. **One week before colonoscopy:** Avoid eating foods that contain seeds, nuts, hulls, berries, or kernels (such as popcorn, poppy seeds, tomatoes, cucumbers, etc.). Also, please make arrangements for an adult (18 years old or older) to drive you home in the case that a conventional colonoscopy is required. A colonoscopy requires sedation and you will not be able to drive, operate machinery, or return to work for the rest of the day. **Your appointment may be cancelled if you have not arranged for someone to drive you home.**

2. If you take Aspirin, Ecotrin, Persantine, Ibuprofen (Advil, Motrin, Nuprin) or other arthritis medications stop these medications one week before the procedure. Tylenol is okay to take for pain. If you take Coumadin, Plavix, or Ticlid, ask the physician who prescribed your medicine how to take it before and after the procedure. These medications affect the blood's ability to form clots. If you have any questions about stopping these medications, please call your doctor.

3. **Purchase:** one 10 ounce bottle of Citrate of Magnesia AND two (2) one-and-one-half ounce bottles of Fleet Phospho Soda at any pharmacy without need for a prescription.

4. **Two days before the exam:** Eat low fiber, light meals for breakfast and lunch and dinner. (Any low fiber diet is good. A prepackaged group of foods called NutraPrep can be purchased via your pharmacy by ordering from E-Z-EM 1-800-544-4624). Eat light meals for breakfast and lunch and drink plenty of liquids during the day. We recommend an 8-ounce glass of liquid every hour. It is important to drink fluids to cleanse the colon and to prevent dehydration.

5. **One day before the exam:**
   - For breakfast, start a clear liquid diet (see end of these instructions for sample items). Do not eat or drink anything red or purple in color.
   - **9 a.m.** Take 10 oz of Citrate of Magnesia. The laxative may begin working within 30 minutes in some individuals or it may take up to 3 hours.
   - For lunch continue clear liquid diet. To be sure you don’t get dehydrated try to drink one 8 ounce serving of clear liquids EVERY HOUR while awake. If you are taking INSULIN the dosage may need to be adjusted; consult your doctor. Continue clear liquid diet.
   - **5 p.m.** 1.5 oz. Fleets Phospho Soda with 8 oz. of water. Drink this slowly over 10-20 minutes. Drinking too quickly may cause nausea. When done drinking this solution, drink one glass of clear liquid.
   - Drink 1 glass of water each hour until bedtime.

**Do not eat or drink anything after midnight.** You may take your routine medications with sips of water unless they require solid food to accompany them. If you are taking INSULIN the dosage may need to be adjusted the day prior and the morning of the test. Contact your physician for instructions regarding dosage.

6. **On day of exam:**
• **About 4 hours prior to your exam**, take 1.5 oz. Fleets Phospho Soda with 8 oz. of water. Again, drink slowly and follow with glass of clear liquid. Do not eat or drink anything else until exam. Please try to wait to have a bowel movement before leaving home for your appointment. **If you live more than 2 hours away, you make take this dose at 10 p.m. the night before your exam.**

• Report to Main X-Ray in Mitchell Hospital (5841 S. Maryland) (Room TC-100) for your Virtual Colonoscopy. The front desk personnel will call us to process self-pay patients. Other patients just check in. They will direct you to the CT area.

• The technologist will give you a gown. Just before CT scan (when you change into your gown), check that your rectum is empty.

• If you take Blood Pressure or Heart medication, or Prednisone or other steroids, take it before 7 AM with a sip of water on the day of the test.

• If you have had a heart valve replacement or have a history of endocarditis, please let us know prior to your colonoscopy since you may require antibiotics. Also let us know whether you have a pacemaker or defibrillator (that affect use of devices to remove polyps).

Note: Call your doctor for an alternate preparation if you are over the age of 65, have kidney disease, heart disease, ascites, or a several year history of high blood pressure or diabetes.

**Sample Clear Liquid Diet Items:**
Water
Clear broths (chicken, beef, vegetable)
Juices with no pulp (apple, lemonade)
Clear beverages (sodas, Tea, Coffee)
Ice / Jell-O (Clear Jell-O, Popsicles without fruit, Italian Ices)

*Avoid:* Milk, cream, milkshakes, orange juice, tomato juice, cream soups, Oatmeal, Cream of Wheat.