The University of Chicago Medical Center
Department of Radiology

PREPARATION FOR CT VIRTUAL COLONOSCOPY
HALFLYTELY/MOVIEPREP OR GOLYTLEY PREP WITH STOOL
TAGGING”
(START ONE DAYS PRIOR TO CT)

1. Please obtain HalfLytely bowel prep kit from your pharmacy. HalfLytely is a 2 liter liquid preparation. It usually comes as a powder which you will mix with water. (If your pharmacy does not carry HalfLytely, MoviPrep or GoLytely, which is a 4 liter preparation, can be substituted.). Note: If you are on fluid restrictions, check with your doctor.

2. You will be mailed a bottle of oral contrast named “Omnipaque” (“stool tagging agent”) from our department. Omnipaque mixes well with water. There are about 12 teaspoons of Omnipaque in one bottle. Take the amount indicated below.

3. Two days before the exam:
   • Take two teaspoons of Omnipaque at dinner time. It may be mixed with water or juice.

4. One day before the exam:
   • Have a liquid, low fiber breakfast and lunch. Colored foods and liquids or Jell-O is ok unless you signed up for the same-day optical colonoscopy option when you were scheduled. (You should have additional instructions if you signed up).
   • Between 1 – 3 p.m. start: Mix the HalfLytely or MoviePrep or GoLytely solution. Add lukewarm drinking water to top of line of bottle. Cap bottle and shake to dissolve the powder. The solution will be clear and colorless. Store in the refrigerator until needed.
   • After a bowl movement, begin to drink the solution. Even if no bowel movement occurs after 6 hours, begin to drink the solution.
     ➢ Drink 1 (8 oz) glass every 10 minutes (a total of 8 glasses). Drink each glass quickly rather than drinking small amounts continuously. Be sure to drink ALL of the solution.
     ➢ Wait at least an hour or more before the bedtime dose of Omnipaque:
   • At bedtime, drink 4 teaspoons of Omnipaque (about half of what is left in the bottle) in 22 oz of beverage.

5. Morning of the exam:
   • About 4 hours before your scheduled exam time, drink whatever is left in the bottle of Omnipaque in a 22 oz beverage of your choice. If you cannot finish the entire mixture, that will not be a problem for the exam.
   • You may eat a clear liquid breakfast but do not eat or drink anything else until the exam.
   • You may take your routine medications 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.
   • 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.
6. **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.

**Note:** Call your doctor for an alternate preparation if you have kidney disease, heart disease or a several year history of high blood pressure or diabetes. Resume your normal diet and medications after the exam.

**Sample Clear Liquid Diet Items:**
Water, sports drinks
Clear broths (chicken, beef, vegetable)
Juices with no pulp (apple, prune, grape, cranberry, 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.

Version 11/4/10