

VIRTUAL COLONOSCOPY PREPARATION

The virtual colonoscopy is a non- invasive screening examination of your colon. It need not be difficult or particularly unpleasant. It does require great attention to detail.

IT IS ESSENTIAL THAT YOUR COLON BE THOROUGHLY CLEANSED FOR THIS EXAMINATION. EVEN A SMALL AMOUNT RETAINED STOOL CAN SIMULATE A POLYP.

THE FOLLOWING IS THE REQUIRED PREPARATION:

Day Before Exam:

8:00 a.m. - Have a clear liquid breakfast- NO MILK PRODUCTS. [See list on back.]

12:00 NOON - Have a clear liquid lunch. [See list on back.]

1:00 p.m. }
2:00 p.m. } Drink 8 oz. of water **EACH** hour.
3:00 p.m. }

4:00 p.m. - Take “**Fleet Phosphosoda**” by mouth as directed. You will need to purchase the **3 oz** size of the **Fleet** solution and take 4 teaspoons as directed at 4:00pm. If there is no result by 8pm take an additional 2 teaspoons as directed. [*For patients with any kidney condition or kidney failure, substitute with Magnesium Citrate*]

5:00 p.m. }
6:00 p.m. } Drink 8 oz. of water **EACH** hour. This is a minimum requirement of water.
7:00 p.m. } You can drink more water as desired.
8:00 p.m. }

9:00 p.m. - Take 4 Bisacodyl tablets by mouth. Pharmacies carry Product by the name DULCOLAX which is the medication bisacodyl. This may produce some abdominal cramps and should produce loose bowel movements to cleanse the colon.

Morning of Exam:

NO MEALS, NO LIQUIDS

6:30 a.m. - Administer Biscodyl suppository as directed
[This should produce one final bowel movement]

Report at the appointed time for your test.

“CLEAR LIQUIDS:”

- *Clear broth or bouillon
- *Tea with sugar (**NO MILK OR CREAM**)
- *Black Coffee with sugar
- *Grape drink or Gatorade (**NO JUICE WITH PULP**)

YOU WILL NEED FROM THE PHARMACY:

- 1- 3oz size Fleet Phosphosoda * [*Only for patients with any kidney condition or kidney failure, it is ok to substitute with a 10oz. bottle of Magnesium Citrate*]
- 4- Bisacodyl Tablets
- 1- Bisacodyl Suppository

PRECAUTIONS:

1. If you are a diabetic and require insulin please contact your doctor before starting the preparation.
2. If you have an inflammatory condition of the gastrointestinal tract, such as Crohn’s disease, regional enteritis, or ulcerative colitis, you may want to discuss this preparation with your physician.
3. If you have previously had an adverse response to any of the laxatives used in this preparation, then please consult your physician for substitute laxative choices.
4. If you suffer from severe or chronic diarrhea you may want to discuss this preparation with your physician.
5. This preparation is designed for use by the “average individual”. If you have any doubts or concerns about your preparation, then please do not hesitate to discuss it with your own physician. Additional questions may be directed to the radiologists.
6. If you are on any medications, you should continue to take them while on the “Clear Liquid” diet.