

# Preparation instructions for Virtual Colonoscopy

**Please read and follow these instructions carefully.**

The items in this preparation kit are provided to clean your bowel for your scheduled CT Colonoscopy. A thorough cleansing preparation is essential to ensure an optimal diagnosis.

Individual responses to laxatives vary. We recommend you remain close to washroom facilities during the preparation phase and for several hours after the study.

Please arrive 15 minutes prior to your appointment. Kindly provide 24 hours notice if you are unable to keep your appointment. Take all prescribed medications as directed. Inform us if you have any of the following:

**Allergies, Diabetes, Heart or kidney disease, Sodium restricted diet.**

## Prep kit & dietary instructions

**Your Preparation kit includes the following items. Please notify us immediately if any of the items are missing.**

### Bisacodyl tablets



5mg x 2

### Magnesium Citrate



300ml x 2

### Readi-Cat



450ml (NOTE: you will only drink 250 mls)

### Omnipaque



50ml (mix with 250 mls of specified clear fluid before drinking)

### Buscopan tablet



10mg x 1

## Day before the exam

**\*Clear fluid diet all day\***



**(noon)** Take both Bisacodyl tablets with a full 8 ounce glass of water (do not chew or dissolve tablets). Do not take tablets within one hour after taking antacids and/or milk. Bisacodyl may cause abdominal discomfort, faintness, rectal burning and/or mild cramps.



take the 300 mls x 2 of Magnesium Citrate. It is best chilled and may be mixed with clear juice or ginger ale



take 250 mls of the Readi-Cat. Please throw the rest away



take the 50 mls of Omnipaque mixed into 250 mls of clear fluid



**(midnight)** nothing to drink from this point until after your exam

**Please see reverse for additional preparation information**

# Day before the exam

**\*Continued\***

## Clear liquid diet

The day before your exam you will need to have a clear liquid diet. This means strained juices without pulp, water, clear soups (fat-free), coffee and tea (no milk or non-dairy creamer), pop, Kool Aid, popsicles, or plain Jello (no fruit or toppings). We encourage you to have as much of these liquid as you like the day before the exam.

## Clear liquid guidelines

Clear liquids include:

Strained fruit juices without pulp (ie. apple, white grape, lemonade), water, clear broth or bouillon, and coffee or tea (without milk or non-dairy creamer). You may have all of the following that are not colored red or purple: Gatorade, carbonated and noncarbonated soft drinks, Kool-Aid (or other fruit flavored drinks), plain Jello (without added fruits or toppings), and ice Popsicles.

# Day of the exam



Take one 10mg Buscopan tablet. Swallow the tablet whole with a small amount of water (do not chew or dissolve tablet). Take any prescribed medications with a small amount of water. **DO NOT** eat or drink anything else.

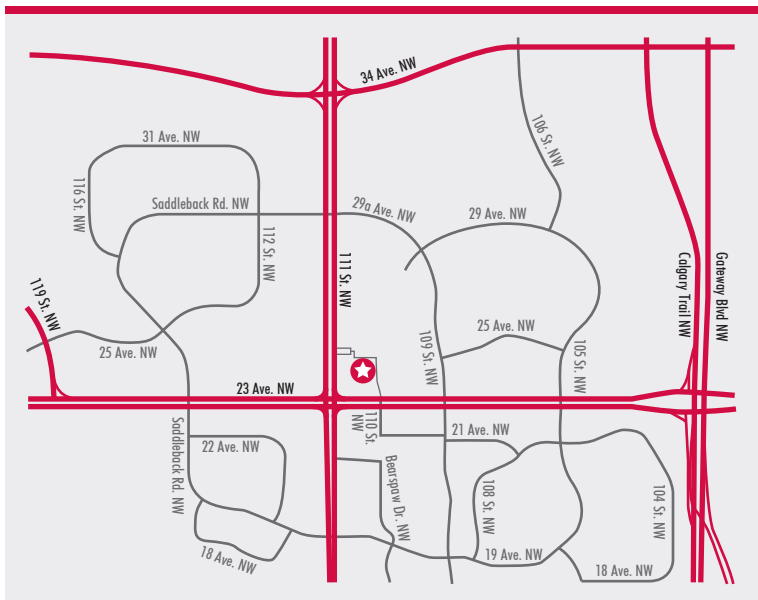
# What to expect at your appointment

A small tube will be inserted into your rectum to inflate your colon with CO<sub>2</sub> until you feel full. During the exam you will be asked to turn from your back to your stomach. You must hold your breath for several seconds at a time. The exam takes approx 15-30 minutes. The CO<sub>2</sub> is more comfortable and is much more readily absorbed by the body than room air.

If requested, one of our radiologists will phone you with your results. Alternatively, you can get your results from your referring physician at your convenience.

# After your exam

Resume your normal diet and medications. You will be able to drive after the exam. If you have any questions or concerns following your exam, please do not hesitate to contact our office at 780-433-1120.



## Century Park

**#201, 2377 - 111 St. NW Edmonton, AB T6J 5E5**  
**Ph: 780-433-1120**

Located on the 2nd Floor at #201, 2377 - 111 Street, Edmonton, Alberta, in a retail and business facility with ample free parking. The Edmonton Transit System has several bus routes that serve the area, as well as the LRT which stops at the Century Park station.

For your convenience, there are several restaurants and coffee shops in the immediate area.