



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.

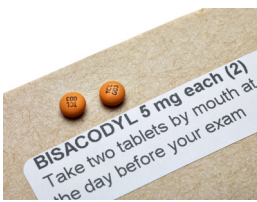
Please arrive 15 minutes prior to your appointment. Kindly provide 24 hours notice if you are unable to keep your appointment. Take all prescribed medications as directed. Inform us if you have any of the following:

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

Please bring your Health Insurance card and another piece of identification with you to your appointment.

Preparation Kit & Dietary Instructions

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

Bisacodyl Tablets	Magnesium Citrate	Readi-Cat	Omnipaque	Buscopan Tablet
				
5 mg x 2	300 mL x 2	450 mL (Note: You will only drink 250 mLs)	50 mL (mix with 250 mLs of specified clear fluid before drinking)	10 mg x 1

Day Before the Exam

Clear fluid diet all day

12:00 PM ⌚	(noon) Take both Bisacodyl tablets with 250 mL 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.
3:00 PM ⌚	Drink 2 (300 mL each) of Magnesium Citrate. It is best chilled and may be mixed with clear juice or ginger ale.
6:00 PM ⌚	Drink 250 mLs of the Readi-Cat – (discard the remaining)
9:00 PM ⌚	Drink the 50 mLs of Omnipaque mixed into 250 mLs of clear fluid.
12:00 AM ⌚	(midnight) nothing to drink from this point until after your exam.

Please see reverse for additional preparation information.

Day Before the Exam (Continued)

Clear Fluid Diet

The day before your exam, you will need to follow a clear fluid diet. We encourage you to have as much of the following as you would like:

1. Water, strained fruit juices without pulp (such as apple, lemonade, white grape juices), clear broth or bullion, and coffee or tea (without milk or non-dairy creamer).
2. You may also have the following (but none with red and purple coloring) - Gatorade, Powerade, carbonated and non-carbonated soft drinks, Kool-Aid or other fruit flavored drinks, plain Jello (without fruits or toppings), and ice popsicles.

Day of the Exam

3 Hours Before 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

Once you are positioned on the exam table, a small tube will be inserted into your rectum. Through this tube, carbon dioxide (CO₂) will be gradually introduced into your bowel to enhance imaging. The CO₂ is either naturally absorbed by your body or expelled after the procedure. 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.

After Your Exam

The radiologist will review your images and provide a complete report to your practitioner. 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

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Ph: 780.433.1120

Located on the 2nd Floor at 201-2377 111 ST NW Edmonton, 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.