

Preparing for a CT Colonography Exam

It is very important to have a clean and empty colon for a CT colonography or virtual colonoscopy. To get a clean and empty colon you will need to start prepping the day before the exam.

You will need to pick up two different laxatives: Dulcolax (small box, only need 3 tablets) and Magnesium Citrate (one 10 oz bottle, avoid flavors that come in red or purple colors such as cherry or grape), at the Drug Store/Pharmacy over the counter.

You will also be drinking contrast, in the forms of barium and diatrizoate, which will help us see your colon better on the CT images. The contrast will need to be picked up at RCI at least 2 days before your exam.

The Day Before Your Exam

Starting at breakfast you may drink as many clear liquids as you want. **Have clear liquids only** for breakfast, lunch, dinner and snacks. **Do not eat any solid foods.** Drink plenty of fluids to avoid dehydration and make the laxatives more effective. Please avoid red or purple liquids (red Jell-O or cranberry juice).

Clear liquids may include:

- ❖ Water, tea, Gatorade, coffee (no creamers or milk, sugar is ok)
- ❖ Jell-O, popsicles (avoid red/purple or ones with fruit or cream in them)
- ❖ Bouillon or broth
- ❖ Apple or white grape juice (NO orange, tomato, grapefruit, or prune juice)
- ❖ Soda such as Sprite, 7up, ginger ale, Sierra Mist
- ❖ Clear hard candies

See next page for full bowel prep instructions to be completed the day before your exam.

The Day of Your Exam

Do not eat or drink anything from midnight on. If you cannot postpone medications until after your exam, take them with a small sip of water.

If you have diabetes, perform your morning blood glucose test as usual. Please remember to take only half of your normal morning dose of insulin. If you are taking diabetic pills, please do not take your morning dose. Resume your normal schedule after your exam, unless instructed differently by the technologist. If your blood glucose level is low and you have symptoms, please drink clear liquid with sugar or glucose pills to balance your sugar. We can still do the exam unless you need to eat solid foods. It is more important to maintain your blood glucose level than to have the exam. We can always reschedule your exam.

If you haven't been able to have a bowel movement or finish the prep kit, please call and we can reschedule the exam.

RCI COLONOGRAPHY BOWEL PREP

To be completed the day before your exam

TIME	INSTRUCTIONS
12:00 Noon	<ul style="list-style-type: none"> ▪ Take 3 bisacodyl (Dulcolax) tablets
3:00 PM	<ul style="list-style-type: none"> ▪ Drink 5 ounces of Magnesium Citrate (1/2 bottle) with 8 ounces of clear juice or clear carbonated drink. ▪ Follow with at least 4-8 cups of clear liquids throughout the afternoon. ▪ You will begin to have closely spaced bowel movements, so you will want to be near a bathroom at this time.
6:00 PM	<ul style="list-style-type: none"> ▪ Drink 225 ML (1/2 bottle) of 2.2% barium. Throw the remainder of barium contrast away (do not pour down sink). ▪ Drink the remaining 5 ounces of Magnesium Citrate with 8 ounces of clear juice or carbonated drink. ▪ Drink at least 4-8 more cups of clear liquid throughout the evening.
9:00 PM	<ul style="list-style-type: none"> ▪ Drink 60 mL (2 small brown bottles) of Diatrizoate (Gastrografin), mixed with 8 or more ounces of clear juice/water or carbonated drink. ▪ You may continue to drink clear liquids until midnight. DRINK NOTHING after midnight until your exam.

RCI Imaging Center
 Hours: Monday-Friday 7:30 AM-5:00 PM
 Phone: 319-364-0121 or 1-800-747-0121. Ask for a CT Technologist.
 1948 First Ave NE
 Cedar Rapids, IA 52402

If you have an urgent concern after normal business hours, please contact your physician.