

## CT Colonography Preparation Instructions

**Pick up 2 items from the Radiology Department at the hospital you are having exam at:**

- Isovue or Omnipaque (30 ml)
- Readi-Cat (450 ml)

**Please Purchase the Following Items from Local Pharmacy**



- Purchase a package containing at least four (4) Dulcolax (bisacodyl) 5 mg tablets.
- Purchase Miralax (polyethylene glycol powder), 8.3 oz bottle (containing 238 grams).
- Purchase two 32-ounce bottles of Gatorade G or Gatorade G2 (low calorie).
- ❖ It is recommended that you ask someone else to drive you. Although you will not be sedated for the procedure, you may not feel well due to the bowel preparation and air introduced into your colon during the test. However, if you feel well, you may drive.
- ❖ If you are diabetic, discuss with your doctor the need to decrease your oral diabetes medications or insulin dose on the day of the test.

## 1 Day Before the Test

- Take your normal medications.
- Start a strict, clear liquid diet. Drink plenty of Gatorade, sports drinks, or bottled waters with electrolytes, strained fruit juice such as apple juice, white grape juice, or cranberry juice (not citrus juices which contain pulp or fiber), popsicles without fruit or cream, gelatin without fruit, clear beef broth, chicken broth, vegetable broth, coffee or tea (without milk). Do not drink carbonated or alcoholic drinks. Avoid juices with pulp, milk, cream, ice cream, and all solid foods.
- Add ½ of the 8.3 oz (238 gram) bottle Miralax (polyethylene glycol powder) into each 32 ounces of Gatorade. Shake well until the powder is dissolved, and place in the refrigerator. It tastes better if it is cool.
- **2:00 PM**
  - Take **2 Dulcolax** (bisacodyl) 5 mg tablets.
- **5:00 PM**
  - Begin drinking the two 32 oz (64 oz total) of the **Gatorade/Miralax solution**.
    - Drink 8 ounces of solution every 10 to 20 minutes until it is gone.
    - After you finish drinking the solution continue to drink clear liquids.
    - The solution will cause you to have repeated loose stools (diarrhea) which is the expected result. It typically works within 30 minutes but may take up to 3 hours to have an effect. Do not exceed the recommended Miralax/Dulcolax dose as serious side effects may occur.
- **8:00 PM**
  - Drink the 30 ml bottle of **Isovue or Omnipaque** mixed with 12 ounces of clear liquids.
  - Drink the 450 ml bottle of **Readi-Cat**.
- **10:00 PM**
  - Take **2 more Dulcolax** (bisacodyl) 5 mg tablets and continue to drink clear liquids.

## The Day of the Test

- Do not eat or drink anything except a small amount of water, if needed.
- If you are diabetic, adjust your diabetes medications as recommended by your doctor.
- Check in at the registration desk at the appointed time.
- Upon arriving to the CT department, you will be asked to use the restroom and change into a gown. As you enter the CT suite, you will be asked to lay on a table. A small tube will be inserted into your rectum and carbon dioxide will be given for the purpose of visualizing the colon.
- After the procedure you will be released and there is no recovery period at the hospital.
- Results will be sent to the ordering physician.
- You may resume a normal diet as soon as possible.
- After the test you may have bloating and cramping for 24 hours.
- If your discomfort is severe, please call the radiology department.