Virtual Colonoscopy Patient Information

Virtual Colonoscopy Preparation
Patient Instructions & Information

In order for you to complete the examination, your colon must be cleansed of all fecal material. During the day before the procedure, you will need to take Tagitol. Laxative pills and will be required to restrict your diet. The combination of the diet and laxative is called the “Patient Preparation Phase” or “The Prep”.

During the exam, you must be able to hold your breath for 30 seconds and lie on your stomach or side. During the test, a small rectal tube is inserted and air is instilled. You may experience mild cramping.

A CAT scan is done in both the prone (on your back) and supine (on your front) positions. You will be in the room for approximately 20 minutes.

Detailed preparation instructions are on the following pages. The prep requires a clear liquid diet and laxatives that are purchased on your own.

Please notify your doctor if you have any of the following conditions as you may need to take a modified preparation that is not listed here:

- Kidney disease
- Renal failure
- Congestive heart failure
- Sodium restricted diet
- Pregnant or nursing

*Do not use magnesium citrate solutions if you are on a low salt diet since those syrups usually contain a high level of sodium, under the form of sodium bicarbonate.

*Ask a doctor or pharmacist before use if you are taking any other drug
Virtual Colonoscopy Patient Information

“The Prep”
Liquid diet and bowel cleansing

At Least 3 Days Before the Examination:

Please read all instructions carefully. If you are diabetic and take medication, contact your physician to determine if changes should be made to your medication regimen (insulin or pills). If you do not have a prep kit, please purchase the following:

- 1 ten oz bottle of magnesium citrate
- 4 biscadoyl tablets (laxative pills) and
- 1 biscadoyl (laxative) suppository

All of these items are important for your preparation!
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“The Prep”
Liquid diet and bowel cleansing

2 Days Before the Examination:
Follow a low fiber diet (see below):

Suggested menu starting with lunch:

<table>
<thead>
<tr>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soup</td>
<td>Soup</td>
</tr>
<tr>
<td>Fish</td>
<td>Fish</td>
</tr>
<tr>
<td>White Meat Chicken</td>
<td>White Meat Chicken</td>
</tr>
<tr>
<td>White Rice</td>
<td>White Rice</td>
</tr>
<tr>
<td>Bread/Crackers</td>
<td>Bread/Crackers</td>
</tr>
<tr>
<td>Dessert/Fruit</td>
<td>Dessert/Fruit</td>
</tr>
</tbody>
</table>

**Allowed**

- **Dairy:** Any Dairy Products
- **Meat:** Fish, White Meat Chicken, Eggs
- **Potato/Substitute:** White Rice, Spaghetti, Noodles
  - **Substitute:** Macaroni, Potato w/no skin
- **Bread/Cereal:** White Refined Breads, Saltine Crackers, Cooked Rice
  - **Substitute:** Whole Grain, (Graham, Bran, Cornmeal,)
  - **Bread/Cereal:** Breads, Corn, Crackers & Cereals, Popcorn
- **Fruit/Fruit Juices:** Clear Fruit Juices, Canned Fruit
  - **Fruit Juices:** (No Seeds, Skin,or Membranes)
- **Beverages:** Coffee (limited), Fruit Flavored Drinks, Tea, Carbonated Drinks
- **Soup:** Bouillon/Broth, Strained Soups, Soups Made with Allowable Vegetables, and Meats
  - **Soup:** All others
- **Dessert:** Gelatin, Fruit Ice, Popsicle

**Please Avoid**

- **Dairy:** Any Dairy Products
- **Meat:** No Red Meat, Fried Foods, Gravy, or Fatty Foods
- **Potato/Substitute:** Potato with skin, brown rice
- **Bread/Cereal:** Whole Grain, (Graham, Bran, Cornmeal,)
  - **Bread/Cereal:** Breads, Corn, Crackers & Cereals, Popcorn
- **Fruit/Fruit Juices:** Raw Fruits, Raisins, Dried Fruits, Prunes/
  - **Fruit Juices:** Prune Juice, Skins
- **Beverages:** All others
- **Soup:** All others
- **Dessert:** Coconut, Nuts, Seeds, Hard Clear Candies, Fruits, that Are Not Allowed On This List

**You should not eat any food with red dye such as beef, red jello, etc.** Minimize dairy. What you can have to eat will improve the performance of the bowel preparation and enhance the diagnostic accuracy of the procedure.
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“The Prep”
Liquid diet and bowel cleansing

1 Day (24 Hours) Before the Examination:

Be sure the day before your scan to do the fasting ALL day and clean out products starting at 4 pm PLUS, take a Tagitol at 8 am, 1 pm, and 7 pm.

- **8:00 AM** – Morning: Take 1 Bottle of Tagitol – You may have a CLEAR LIQUID breakfast (please refer to the “Clear Liquid Diet” Instructions on next page). Clear Liquids consist of water, tea, coffee, (no dairy products, strained fruit, broth, Jell-O, and Popsicle. Do not eat any solid food throughout the day. You should take your regular medicines with water, unless otherwise instructed by your physician.
- **1:00 PM** – Take 1 Bottle of Tagitol – Eat a clear liquid lunch and drink at least 8 fluid oz of clear liquids.
- **1:00 PM** – Drink at least 8 fluid oz of clear liquids
- **2:00 PM** – Drink at least 8 fluid oz of clear liquids
- **3:00 PM** – Drink at least 8 fluid oz of clear liquids
- **4:00 PM** – Drink the bottle of magnesium citrate. If it is a packet, mix it with 8 oz of water and let it fizzle out first before drinking. Drink an additional 8 fluid oz of clear liquids. The solution will cause you to have repeated loose stool (diarrhea), which is the expected result. It typically works within 30 minutes, but may take as long as 3 hours to have an effect. Do not exceed the recommended dosage as serious side effects may occur.
- **5:00 PM** – Drink at least 8 fluid oz of clear liquids
- **6:00 PM** – Have a clear liquid dinner and drink at least 8 fluid oz of clear liquids. Clear liquids consist of water, tea, coffee (no dairy products), strained fruit, broth, Jell-O, and Popsicle. Do not eat any solid food throughout the day.
- **6:30 PM** – Take all Biscadoyl tablets, unless otherwise directed by your doctor. Swallow tablets with a full glass of water. Do not chew or dissolve tablets. Do not give to any person who cannot swallow without chewing. Tablets taken at bedtime are usually effective the next morning. During the remainder of the evening, you may drink clear liquids if desired, but do not eat solid food until after the procedure is completed the following day.
- **7:00 PM** – Take 1 Bottle of Tagitol
- **8:00 PM** – Drink at least 8 fluid oz of clear liquids
- **9:00 PM** – Drink at least 8 fluid oz of clear liquids

The Prep will NOT work well if you do not drink!!
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Clear Liquid Diet

Day Before the Exam:

You may eat any of the following:

1. Clear soup (any broth without solid materials)
2. Strained fruit juices without any pulp
3. Flavored or unflavored gelatins (do not add any extra ingredients – especially red jello)
4. Black coffee (no milk, cream, or other creamers)
5. Plain tea (no milk, cream, or other creamers)
6. Soft drinks, soda, (no milk or dairy products)

Be sure the day before your scan to do the fasting all day and clean out products starting at 4 pm plus take Tagitol at 8 am, 1 pm, and 7 pm