



Preparation Instructions for a Virtual Colonoscopy

Please find enclosed detailed prep instructions for the virtual colonoscopy. Please budget about 1 hour of your time for the entire exam. The exam itself, only takes about 15-20 minutes; but I'll sit down with you immediately after it is over and show you the pictures. You are scheduled to a virtual colonoscopy.

Please call me if you have any questions whatsoever. My cell number, in case it is after office hours, is 940-367-1997; don't hesitate to call me if you have questions. The most important thing is to get a really good prep, which means at the end of your bowel movements, you need to see reasonably clear water. If the water is dark in color, you will need to use the suppository that is in the prep kit the morning of the exam, before you come in. If the water is clear, DO NOT use the suppository. Drink plenty of water the day before the exam (7-8 glasses of water). This is essential for the prep to work properly.

Again, call me if you have any questions. We look forward to seeing you for your evaluations.

Best of health,

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Virtual Colonoscopy Patient Information

VIRTUAL COLONOSCOPY PREPARATION **Patient Instructions & Information**

In order for you (the patient) to complete the examination, your colon must be cleansed of all fecal material. During the day before the procedure, you will need to take a laxative and will be required to restrict your diet. The combination of the diet and laxative is called the patient preparation phase (“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 back) and supine (on front) positions. You will be in the room for approximately 30 minutes.

Detailed prep 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. You may need to take a modified preparation that is not listed here.

- Kidney disease
- Renal failure
- Heart failure
- Sodium restricted diet
- already used a laxative for a period longer than one week.
- Abdominal pain, nausea, vomiting

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 a pharmacist before use if you are taking any other drug.



PREP:

Liquid diet and bowel cleansing – Magnesium citrate

AT LEAST Three 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 1 ten oz bottle of magnesium citrate, 4 bisacodyl tablets and 1 bisocodyl suppository.** They are all important.

TWO DAYS BEFORE THE EXAMINATION:

Follow a low fiber diet. (see low fiber diet sheet).

ONE DAY (24 hours) BEFORE THE EXAMINATION:

8 AM - Morning: You may have a CLEAR liquid breakfast. Clear liquids consist of water, tea, coffee (no dairy products), strained fruit juice, broth, Jell-O, and Popsicle. Do not eat any solid food throughout the day. You should take your regular medications with water, unless otherwise instructed by your physician.

12 Noon - Eat a clear liquid lunch and drink at least 8 fluid ounces of clear liquids.

1 PM. - drink at least 8 fluid ounces of clear liquids.

2 PM. - drink at least 8 fluid ounces of clear liquids.

3 PM. - drink at least 8 fluid ounces of clear liquids.

****4 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 ounces 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 PM. - drink at least 8 fluid ounces of clear liquids.

6 PM. – Have a clear liquid dinner and drink at least 8 fluid ounces of clear liquids. Clear liquids consist of water, tea, coffee (no dairy products), strained fruit juice, broth, Jell-O, and Popsicle. Do not eat any solid food throughout the day.

****6:30 PM. - Take all 4 Bisacodyl Tablets, unless directed otherwise by your doctor. Swallow tablets with a full glass of water.** Do not chew or dissolve tablets. Do not give tablets 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.

8 PM. - drink at least 8 fluid ounces of clear liquids.

9 PM. - drink at least 8 fluid ounces of clear liquids

The prep will NOT work well if you do not drink.

THE MORNING OF THE EXAMINATION:

You should take your regular medications with water, unless otherwise instructed by your physician. If you have an afternoon procedure, you may have clear liquids until 10 am. If you are diabetic, take ½ of your usual dose of insulin on the morning of the procedure unless otherwise instructed by your physician. If you have any other questions regarding your medications, please call your primary care physician.



Low Fiber Diet

2 DAYS BEFORE THE EXAM

Suggested menu for two (2) days before the exam starting with lunch:

LUNCH	DINNER
Soup	Soup
Fish/white meat chicken	Fish/white meat chicken
White rice	White rice, pasta or potato
Bread/cracker	Bread/cracker
Dessert/fruit	Dessert/fruit

You should not eat any food with red dye: beef, red jello, etc. Cut down on dairy. What you can have to eat will improve the performance of the bowel preparation and enhance the diagnostic accuracy of the procedure.

ALLOWED	PLEASE AVOID
Dairy:	Any dairy products
Meat: Fish, white meat chicken, eggs	No red meat, fried foods, gravy, or any fatty foods
Potato/Substitute: White rice, spaghetti, noodles/macaroni, potato with no skin	Potato with skin, brown rice
Bread/Cereal: White (refined) breads, saltine crackers, cooked rice	Whole grain (graham, bran, cornmeal) breads, corn crackers & cereals, popcorn
Fruit/Fruit Juices: Clear fruit juices, caned fruit (no seeds, skin, or membranes)	Raw fruits, raisins, dried fruits, prunes/prune juice, skins
Beverages: Coffee (limited), fruit flavored drinks, tea, carbonated drinks	All others
Soup: Bouillon/broth, strained soups, soups made with allowed vegetables, and meats	All others
Dessert: Gelatin, fruit ice, Popsicle	Coconut, nuts, seeds, hard clear candies, fruits that are not allowed on this list



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)-not 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)
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