

Preparing for Your Virtual Colonoscopy

PLEASE READ CAREFULLY AND FOLLOW ALL INSTRUCTIONS BELOW

Please note: Gastrografin or Gastroview (different brands of similar agent), one of the required components of the prep, contains iodine. Allergy to oral iodine-containing products is rare. However, if you have had a reaction to intravenous iodinated contrast for a CT scan or other procedure, or if you believe you have had a reaction to oral or intravenous iodine-containing agents of any type, do not take this prep. Talk with your doctor about an alternate method of colon cancer screening.

Bowel cleansing is required for optimum visualization of polyps and colorectal cancer. The prep components listed below will promote bowel cleansing and identify any stool and fluid remaining in your colon. It is important that you carefully follow the instructions for a successful preparation.

The components of the prep are:

Barium—Readi CAT 2 Smoothie

Dulcolax Laxative (Bisacodyl) tablets, 5 mg—four (4) tablets

Gastrografin or Gastroview—120 cc bottle

If you have a history of severe constipation or have had difficulty with bowel preparations previously, we recommend altering the prep by adding Miralax. This can be purchased over

the counter at most pharmacies. Take one dose per day as directed on the packaging, beginning five (5) days before your scheduled examination and concluding the day before your examination.

The prep (except for those with a history of constipation as noted above) begins three days before your study. Simply count back 3 days from the day of your study to determine when to begin. For a Monday study, you would begin the process the previous Friday, for a Tuesday study begin on Saturday, for a Wednesday study, begin on Sunday, and so on.

3 days prior to the study

-Eat a low-fiber diet.¹

2 days prior to the study

-At noon, drink half of the bottle of Readi Cat 2 Smoothie.

Refrigerate the rest.

-Continue on the low-fiber diet.¹

1 day prior to the study

-Drink only clear liquids.² No solid food.

-Before 9 am, take the four Dulcolax Laxative (Bisacodyl) tablets (5 mg each) with one 8-ounce glass of water or other clear liquid.

-At noon, drink the remaining half of the bottle of Readi Cat 2 Smoothie.

-At 2 pm, pour half of the bottle (60cc) of Gastrografin or Gastroview into a glass and mix in approximately two (2) ounces of your clear liquid of choice. Set the other half of the Gastrografin or Gastroview aside for the second dose. Drink at least one additional 8-ounce glass of water or other clear liquid within an hour of finishing the Gastrografin or Gastroview.

-At 6 pm, take the remaining half of the bottle of Gastrografin or Gastroview and mix in your clear liquid of choice as you did with the first dose. Drink at least one additional 8-ounce glass of water or other clear liquid within an hour of finishing the Gastrografin or Gastroview.

Day of the study

Do not eat any solid food until after the study is completed.

¹ For the purpose of this bowel prep, a low-fiber, low-residue diet requires the avoidance of fruits, vegetables, and nuts.

² Suggested clear liquids include:

- Gatorade, Powerade
- Water, Vitamin water
- Jell-O, Popsicles (without fruit or cream added)
- Bouillon
- Juices—apple, cranberry, grape, lemonade—all without pulp
- Sodas
- Boost® (without added fiber), Ensure® nutritional shakes
- Ice cream (plain, without fudge, candy, etc.)

