

## CT Colonography Prep Information

Your healthcare provider has recommended that you have a virtual colonoscopy (also known as CT colonography). Virtual colonoscopy is a non-invasive exam using high-speed computed tomography (CT). It is used to look for polyps and other abnormalities in the large intestine (colon).

How to prepare for your virtual colonoscopy

1. Dress comfortably, although you will be wearing a gown during your procedure.
2. Carefully follow all preparation instructions that you are given for your virtual colonoscopy. *Note: preparation begins 3 days before your exam, unless you are told otherwise.*
3. Plan for your exam to last **1** hour. You will need access to a bathroom before and after your exam.
4. Please make prior arrangements for the supervision of children.

**IF USING INSULIN, A DIURETIC, AND/OR MEDICATION FOR CONGESTIVE HEART OR RENAL FAILURE, CONSULT YOUR HEALTHCARE PROVIDER BEFORE BEGINNING THIS PREPARATION.**

### **Provided by TRA:**

- Tagitol 20 ml bottle (1)
- Docolax (bisacodyl) 5 mg tablets (4)  
*(Do NOT take Docolax within 1 hour of taking an antacid)*
- Golytely (Powder)  
*(Powder may be mixed with either water or clear electrolyte sports drinks, such as Gatorade or Powerade. Mixing with a sports drink is highly recommended. Once mixed, the Golytely solution should equal about 1 gallon and can be refrigerated.)*
- Isovue-300 30 ml (1)  
*(Isovue may be mixed with clear juice, soda or water to improve taste. Do NOT refrigerate Isovue or place in a location where it may be exposed to direct sunlight.)*

### **Instructions:**

**3 days before your exam:** Date \_\_\_\_\_

1. Begin *Low Residual Diet*. This will continue through the next day. You should continue to take your medications.
2. Continue to take all medications.

**2 days before your exam:** Date \_\_\_\_\_

1. Continue *Low Residual Diet*.

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2. Continue to take all medications
3. At **8 pm**, drink **1** 20ml bottle of Tagitol and take **2** Ducolax (bisacodyl) 5 mg tablets with an 8 oz glass of water.

**1 day before exam:** Date \_\_\_\_\_

1. Begin *Clear liquid only* diet beginning with breakfast.
2. Continue to take all your medications.
3. At **9 am**, take **2** Ducolax (bisacodyl) 5 mg tablets.
4. Starting at **9 am**, and every hour thereafter, drink an 8 oz glass of water. (or other clear liquid)
5. At **5 pm**, begin drinking the Golytely solution. Drink at least an 8 oz glass of this solution every 10 minutes until the gallon jug is empty. *You should finish drinking before 8 pm.* (NOTE: As above, we recommend mixing the Golytely powder with a clear sports drink)
6. At **9 pm**, drink the 30 ml Isovue 300. (NOTE: As above, Isovue can be mixed with clear juice, soda or water to improve taste)
7. **Do NOT eat or drink after 9 pm.** You may use a small amount of water to brush your teeth or take medications.
8. Expect to use the bathroom numerous times during the evening and thru the night.

**Day of exam:** Date \_\_\_\_\_

1. Continue to take all medications. Use only a *small amount of water*.
2. Do not eat or drink anything else

**If you have any questions about your exam preparation or the procedure, please call (253) 761-4200, option 1 and ask to speak with a CT Technologist.**