

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)
- Ducolax (bisacodyl) 5 mg tablets (4) (Do NOT take Ducolax 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.
2. Continue to take all medications.
3. At 8 pm, drink (1) 20 ml bottle of Tagitol and take 2 Ducolax (bisacodyl) 5 mg tablets with an 8 oz glass of water.

1 day before your exam: Date _____

1. Begin clear liquid only diet beginning with breakfast.
2. Continue to take all your medications.
3. At 9 am, take (2) Dicolax (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 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 through the night.

Day of your 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) 841-4353, option 1, and ask to speak with a CT technologist.