

CT COLONOGRAPHY - THREE DAY BOWEL PREP

If you have a colonic hernia (a hernia that involves your colon) **call us immediately, do not start prep.** If you are unable to keep your appointment, please notify us at (319) 356-3444. If you have questions about these instructions, please call (319) 384-8095 and ask to speak to Mary Burr.

If you are unable to prepare for the exam with the instructions below your appointment may need to be rescheduled.

IMPORTANT INSTRUCTIONS:

DO NOT eat corn for 4 days before your colonography.

Please let us know if you have diabetes, kidney problems, or if you are allergic to the iodine/contrast dye.

It is important to drink plenty of fluids as you prepare for your procedure.

You should take prescribed medicines with a small amount of water the morning of your colonography.

BOWEL PREP:

THREE DAYS BEFORE YOUR CT COLONOGRAPHY

Take two (2) scoops (34 grams) of Glycolax dissolved in 16 ounces of water, iced tea, Gatorade®, or broth following breakfast, lunch, and dinner. You may continue your regular diet. **If the container does not have a scoop, measure 2 tablespoons and 1 teaspoon of Glycolax.**

TWO DAYS BEFORE YOUR CT COLONOGRAPHY

Take two (2) scoops (34 grams) of Glycolax dissolved in 16 ounces of water, iced tea, Gatorade®, or broth following breakfast, lunch, and dinner. You may continue your regular diet. 2 scoops are equal to 2 tablespoons and 1 teaspoon of Glycolax.

ONE DAY BEFORE YOUR CT COLONOGRAPHY

Drink only **clear liquids**, choosing from the following:

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| --Clear juices (pulp free) | --Sports drinks such as Gatorade™ |
| --Coffee or tea (without cream or milk) | --Popsicles |
| --Kool-aide® | --Carbonated beverages |
| --Clear broth, bouillon, or consommé | --Hard candies (lemon drop type) |

Take two (2) scoops (34 grams) of Glycolax dissolved in 16 ounces of water, iced tea, Gatorade®, or broth following breakfast, lunch, and dinner. 2 scoops are equal to 2 tablespoons and 1 teaspoon of Glycolax.

At 5 PM: Drink one entire bottle (10 fluid ounces) of Magnesium Citrate. Drink 1-2 glasses of water within the next hour. Be sure and drink these fluids several hours before going to bed.

At 8 PM: Drink one entire bottle (250 milliliters) of the Banana Smoothie Readi-CaT ® 2 Barium Sulfate Suspension in the white plastic bottle with the orange label.

At 9 PM: Drink four Tablespoons (60 milliliters) of Gastrografin® (Diatrizoate Meglumine and Diatrizoate Sodium Solution in the brown glass bottle with the green label) undiluted or mixed in 8 ounces of clear juice or a clear carbonated drink. You may continue to take clear liquids until midnight.

After midnight: Do not eat or drink anything until you are advised to do so after your exam. You may take your regular medications as directed with a small sip of water.

WHAT THE TEST IS FOR:

A colonoscopy enables your doctor to examine the lining of your colon (large intestine).

HOW LONG THE TEST WILL TAKE:

This procedure takes approximately 30 minutes.

THE DAY OF THE EXAM

We suggest you arrive the morning of your exam wearing loose clothing like sweatpants and a t-shirt. Otherwise, you will need to change into a hospital gown.

If you have been unable to have a bowel movement or have been unable to complete the preparation kit, please call us and we can reschedule the exam.

AFTER THE EXAM

You will be directed when to resume your normal diet and take your medications.

Virtual Colonoscopy Coordinator, Mary Burr, R.T.(R.)(CT)