

CT COLONOGRAPHY PREPARATION

General Instructions

Your healthcare provider has scheduled you for a CT colonography exam. The procedure should take about 60 min and we recommend that you have someone accompany you or make arrangements for a ride home. During the exam you must be able to hold your breath for 10-20 seconds and lie on your stomach or side. During the test a small tube is placed in the rectum and carbon dioxide is passed through the tube into your bowels. You may experience mild discomfort, but should not feel any pain. A CT scan is done on your back as well as on your stomach. Depending on the reason for the study, you may receive an intravenous injection of a contrast material as well as medicine to relieve any cramping. For the best possible imaging and to avoid repeat examinations, the colon must be completely empty so carefully follow the instructions below.

Should you have any questions please contact the Diagnostic Imaging Department at Sault Area Hospital (705) 759-3642

FROM ANY PHARMACY PURCHASE:

- 2 10MG Bisacodyl rectal suppositories (DUCOLAX 10®)
- 1 BOX (2 Packets) OF PICOSULPHATE/MAGNESIUM OXIDE/CITRIC ACID (PICO-SALAX®)
- Adult wet wipes (more gentle than toilet paper)

Please discard instructions supplied with the picosulphate/magnesium oxide/citric acid and follow these instructions instead. If you have any questions or concerns, please consult your pharmacist or physician.

FROM THE DIAGNOSTIC IMAGING DEPARTMENT AT SAULT AREA HOSPITAL OBTAIN: Monday-Friday 0800-1000pm

- 1 Bottle of EZ-CAT™ (Barium)
- 1 Bottle of Gastrografin solution Place both in refrigerator

2 DAYS BEFORE THE EXAMINATION

You may eat a normal diet up to and including your evening meal avoiding the following products.

AVOID: Raw fruit, raw vegetables nuts, raisins, whole wheat products, cold cuts, cheeses, deep fried food.

After a normal evening meal start a clear fluid diet only.

It is important to drink all the recommended amounts to prevent dehydration.

Examples of clear fluids are: water, clear broth, clear power drinks, decaffeinated tea or coffee (sweetened to taste, no milk product), pop, Jell-O, Popsicles, clear juices with no pulp including apple juice, cranberry juice and Boost.

You may take medications as directed. If you are on insulin, consult with your healthcare provider about dose modifications.

1 DAY BEFORE THE EXAMINATION

Breakfast:

TAKE THE FIRST PACKAGE OF PICOSULPHATE/MAGNESIUM OXIDE/CITRIC ACID

- Empty the contents of the package into a mug.
- Add 150ml (5oz) of cold water.
- Stir constantly for 2 to 3 minutes until dissolved.
- If the mixture heats up, let it cool before you drink it, continue stirring as it cools.
- Drink this glass
- Follow by an equal or larger glass of juice.
- Continue with 4 to 5 (250 ml/8 oz.) glasses of water or other clear fluids over the next hour
- **Take the first half of the EZ-CAT (100 mL) (drinking refrigerated with a straw may be easier).**
- Take your medications as directed. If you are on insulin ask your health care provider about dose modifications.
- You may have additional clear fluids such as Popsicle or decaffeinate soft drink for snacks.

Ensure availability of a restroom as this medication can begin working within 1-3 hours. It occasionally takes longer to start in some people, so don't worry if it has not started working before you drink the second package.

Lunch:

Take the second half (100 mL) EZ-CAT and continue to drink clear fluids.

Dinner: 5:00-6:00 PM

TAKE THE SECOND PACKAGE OF PICOSULPHATE/MAGNESIUM OXIDE/CITRIC ACID

- Empty the contents of the package into a mug.
- Add 150ml (5oz) of cold water.
- Stir constantly for 2 to 3 minutes until dissolved.
- If the mixture heats up, let it cool before you drink it, continue stirring as it cools.
- Follow by an equal or larger glass of juice.
- Continue with 4 to 5 (250 ml/8 oz.) glasses of water or other clear fluids over the next hour.
- Take your medications as directed. If you are on insulin ask your health care provider about dose modifications.
- You may have additional clear fluids such as Popsicle or decaffeinate soft drink for snacks.

8:00 PM

Take the 30 ML of Gastrografin with 8 Oz. of clear fluid (drinking refrigerated with a straw may be easier)

- Insert 1 rectal suppository. This should empty your bowel of any residual fluid.

NO FLUIDS AFTER MIDNIGHT EXCEPT SIPS OF CLEAR FLUID FOR ANY MEDICATIONS

DAY OF THE EXAMINATION

2 Hours before procedure:

- Insert second rectal suppository.
- Sips of clear fluid for any normal medication as directed. If you are on insulin, ask your health care provider about dose modifications.
- Try to empty your bowel one last time before the test to ensure there are no residual fluids.

After the procedure you may resume normal diet and medications.

***What to do if you are working the day before the test? ***

Take the first package of PICO-SALEX® at 6:00PM **TWO** nights before the test instead of the morning before the test. Take the second package of PICO-SALEX® at 6:00 PM the night before the test. You will still be on a fluid diet at work the day before but should not have to make frequent trips to the washroom during work hours.



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