Patient Information on Fasting/Prep for CT Colonography

Patients **must** follow a clear liquid diet **TWO** days before the CT exam and **ON** the day of the exam. At no time during these periods are you to have any solid foods.

**Following these instructions will provide the best results and avoid having to repeat the exam. Individual responses to laxatives vary, so remain close to toilet facilities once you have started the bowel cleansing procedure.**

**TWO DAYS BEFORE THE SCAN**
Clear soup (any broth), strained fruit juices without pulp, flavored gelatin that is not red (do not add ingredients), soft drinks, black coffee or plain tea.

**THE DAY BEFORE THE SCAN**
(Note: A high fluid intake is required for this exam. Drink at least one full 8 fl oz glass of water at each of the times specified. Do not use milk or non-dairy creamer.)
**You will need to take one bottle of TAGITOL with each clear liquid meal at breakfast, lunch and dinner. At the end of the day, you should have taken a total of 3 bottles of TAGITOL.**

- **Breakfast:** Take FIRST bottle of TAGITOL.
  Clear soup (any broth), strained fruit juices without pulp, flavored gelatin that is not red (do not add ingredients), soft drinks, black coffee or plain tea.

- **Noon (lunch):** Take SECOND bottle of TAGITOL.
  Clear soup (any broth), strained fruit juices without pulp, flavored gelatin that is not red (do not add ingredients), soft drinks, black coffee or plain tea.

  - 1:00pm: Drink one (1) full 8 fl oz glass of water.
  - 2:00pm: Drink one (1) full 8 fl oz glass of water.
  - 3:00pm: Drink one (1) full 8 fl oz glass of water.
  - 4:00pm: Drink one (1) full 8 fl oz glass of water.

- **5:00pm (Dinner):** Take THIRD bottle of TAGITOL.
  Clear soup (any broth), strained fruit juices without pulp, flavored gelatin that is not red (do not add ingredients), soft drinks, black coffee or plain tea.

  - 5:30pm: Peel the backing off the packet of Bisacodyl tablets and remove the four (4) enclosed tablets. Take all four (4) Bisacodyl tablets with one (1) 8 fl oz glass of water. Do not chew tablets.

- **5:30pm:** Drink TWO (10 fl oz) bottles of Magnesium Citrate Oral Solution.
  6:00pm: Drink one (1) full 8 fl oz glass of water.
  7:00pm: Drink one (1) full 8 fl oz glass of water.
(See WARNINGS: Bisacodyl Tablets). Bisacodyl Tablets usually produce bowel movement in 6 to 12 hours.

8:00pm: Drink one (1) full 8 fl oz glass of water.
9:00pm: Drink one (1) full 8 fl oz glass of water

**DAY OF THE SCAN**

**Do Not Drink and Eat Anything.**

- **At least two hours before procedure,** unwrap the Bisacodyl suppository.
- Insert the Bisacodyl suppository into the rectum and gently push in as far as possible, while lying on your side with thigh raised.
- Retain the suppository for at least fifteen (15) minutes, if possible, before evacuating, even if the urge is strong. Bowel evacuation usually occurs within fifteen (15) to sixty (60) minutes. Patients requiring assistance should have a bedpan, commode to help readily available.

Please let us know at any time if you have any questions at 425-656-5550.

You will be able to go back to a regular diet as soon as the exam is completed.

**Do I need to stop taking any medications prior to the exam?**
You should continue to take prescribed medications as you normally would. This procedure should not cause you to miss or skip any doses of you daily-prescribed medications. **Do NOT skip your blood pressure or heart medications** If needed, you can take over the counter medications such as aspirin, Ibuprofen (Motrin) and Acetaminophen (Tylenol). Avoid taking you regular medications within two (2) hours of your CT Colonography prep medications to avoid absorption issues.

**What if I normally take pills for Diabetes?**
If you normally take pills orally for diabetes twice a day, on the day prior to your exam, take the AM dose but skip the PM dose. You will be on a strict clear liquid diet and you will not need to take the PM dose. On the morning of the exam, wait to take your AM dose until after the exam is completed and once you start eating regular solid food again. If you normally take one (1) pill orally for diabetes once a day, on the day prior to your exam, take the dose in the morning. On the morning of the exam, again, wait to take your pill for diabetes after the exam is completed and you are back on a regular diet again.

Please call Valley Diagnostic Imaging Services-Olympic Building if you have any questions at 425-656-5550 or refer to our website: [www.vrads.com](http://www.vrads.com).

Be sure and check out the patient demo video about CT Colonography on the Valley Radiologists website at [www.vrads.com/colon](http://www.vrads.com/colon)