

PATIENT INFORMATION SHEET FOR CT COLONOGRAPHY

CT colonography (virtual colonoscopy) consists of a CT scan of the abdomen after instilling carbon dioxide into the colon using a small rectal tube. You will have the scan on your back and then lying on your stomach.

IMPORTANT INSTRUCTIONS

- You will take a laxative to cleanse the bowel, a very important part of the test. Your last bowel movement should be liquid clear.
- If your bowel movements are NOT regular or you are constipated, **THEN YOU WILL REQUIRE A SLIGHTLY DIFFERENT BOWEL PREPARATION – YOU MUST HAVE A CLEAR FLUID DIET FOR TWO DAYS PRIOR TO THE TEST, RATHER THAN ONE DAY.**
- If the bowel is not clean, then bowel growths can be missed. Therefore it is important to follow the laxative and diet instructions fully and carefully.
- If your bowel is not clean, the test cannot be done.
- Therefore, please follow ALL instructions carefully.
- **You must pick up a Contrast kit at the Sunnybrook Medical Imaging Department no later than two days prior to the appointment**

BOWEL PREPARATION:

As with colonoscopy, bowel preparation is essential for the examination to be successful and accurate. Laxative and oral contrast agents **are both required** for this examination. We will provide you with the oral contrast agents (see below for more details). Preparations for this exam should take place 1 day prior to scan date. If you have any medical problems such as congestive heart disease or severely reduced kidney function, please contact your referring physician because the laxative recommended below may not be appropriate for you. He/she may order a different laxative more suitable for your condition.

If you are an insulin-dependent diabetic, consult your family physician as the dose of insulin may need to be adjusted the day prior to and the morning of the examination.

1. PICO-SALAX (You will need to buy this laxative from a pharmacy).

Please follow the schedule and instructions provided below, as the information on the package is somewhat different. Most importantly, solid food is not advised during the preparation. A strictly liquid diet yields better results for diagnosis. You must also drink lots of fluids (water, juice, soft drink or clear soup) for the laxative to be effective.

2. **ORAL CONTRAST AGENTS FOR STOOL TAGGING**

Since stool can mimic polyps, it is also important to label it with contrast to distinguish from polyps in a CT colonography. A Contrast Kit, including two contrast agents, will be given to you at the Sunnybrook Medical Imaging Department – you must pick this up no later than two days prior to your appointment date.

YOU MUST TAKE THIS FORM WITH YOU IN ORDER TO RECEIVE THE CONTRAST KIT

Contrast Supplies Include: 2 bottles of Barium (Readicat), 2 packages of Telebrix (a total of 12 ml).

Barium Preparation: Shake Readicat well prior to pouring into a cup. It is then ready to drink – see below for schedule. Discard the remaining amount.

Telebrix Preparation: Mix the 12 ml of Telebrix with 8oz (240ml) of water, fruit juice, Ginger ale or Gatorade the night before examination at bedtime.

Timetable for Diet Limitations and Contrast Ingestion

	1 Day Before Examination	Day of Examination
Breakfast	8:30am – 1 st package of PICO SALAX Liquid diet and 250 ml Barium mixture. Begin to drink 1 glass of water, fruit juice, Ginger ale or Gatorade every hour until bed	Liquids Only (You may take your medications as per normal)
Lunch	Liquid diet and 250ml Barium mixture. 2:30pm – 2 nd package of PICO SALAX	CT SCAN
Dinner	Liquid diet and 250ml Barium mixture. (Discard the remaining Barium mixture)	
8 p.m.	Mix and drink Telebrix mixture as per instructions above.	

Suggested Diet

Clear Liquid Diet List

A. Beverages:

- Lots of Water, decaffeinated tea, coffee and carbonated drinks (any soft drink except colas), Gatorade, or Kool-Aid.
- Strained fruit juices **without pulp** (apple, white grape, orange, lemonade, etc.)
- ½ cup mixed strained vegetable juice
- **Avoid alcohol when possible**

Soups:

- Low sodium clear strained broth soup (containing no meat, noodles or vegetable)

B. Desserts:

- Hard candies
- Popsicles (no sherbets or fruit bars)
- Jell-O (lemon, lime or orange. NO fruit pieces or toppings)

Avoid alcoholic drinks and caffeinated foods/drinks. This includes coffee, tea and caffeinated soft drinks, such as cola and chocolate.

After the examination, drink plenty of fluid, resume normal diet as tolerated.