OREGON IMAGING CENTERS
Every picture tells a story.

PREPARATION INSTRUCTIONS FOR CT VIRTUAL COLONOSCOPY

This guide will help you prepare for your CT Virtual Colonoscopy. Please follow these instructions carefully or you may need to reschedule.

This guide includes:

- A list of items need from Oregon Imaging Center
- A list of items needed from pharmacy
- Step-by-step instructions for Prep based on Prep medication
- What to eat and drink during prep

Food and liquid can stay in your body for a long time. If solid waste is in your colon at the time of your exam, it can prevent us from seeing health conditions such as polyps or tumors.

If your colon is not completely empty at the time of your appointment, you will need to reschedule and repeat the preparation.

ITEMS NEEDED

From Oregon Imaging Centers

Bottles of contrast will need to be picked up from our University District location. (Located on 1200 Hilyard Street Ste 330 in Eugene, OR)

- One 50mL bottle of Omnipaque 240
- One 450mL bottle of Barium Sulfate (Readi-Cat 2)

From Pharmacy

Bowel Preparation medication can be picked up at your local pharmacy after being prescribed by the doctor who ordered your CT Virtual Colon.

Commonly used Bowel Preparation medications include:

- GoLytely
- Suprep
- Sutab

Please follow the preparation instructions associated with the medication you were prescribed. Page number for instructions listed next to above brands.

WHAT TO EAT AND DRINK

Please drink plenty of clear liquids while preparing for your exam to prevent dehydration. NOT day of exam.

- Broth/bullion. Do NOT add any solid foods to broth
- Jello or popsicles. Do NOT add fruit or cream.
- Clear hard candy, may chew gum.
- All colors of Gatorade or Powerade
- Water, Tea, and coffee. Do NOT add creamer or milk. OK to add sugar/honey.
- Apple or white grape juice, NO pulp lemonade. Do NOT drink orange, tomato, grapefruit or prune juice.
- Soda

FOR PATIENTS WITH DIABETES

Talk to your doctor before starting the colon cleaning prep as you may need to adjust when you take your insulin or diabetic medication.

Test your blood glucose level frequently during colon cleansing prep. If your blood glucose is less than 70mg/dl or you are feeling the effects of low blood sugar, drink a sugary clear liquid or take glucose pills.

If you eat solid food to get blood glucose over 70 we will have to reschedule your exam, however, it is better to maintain your blood glucose than to have exam as we can always reschedule your Virtual Colonoscopy in the future.

What to Expect During Colon Prep

Proper bowel cleaning is needed for the best exam. This is done by following the directions for your specific bowel prep (included in this guide) and maintaining a clear liquid diet the day before your exam. The bowel prep kit contains laxatives and contrast medicines. The laxatives will help clean out the bowel and the contrast will help highlight any leftover stool in the CT pictures.

Starting the day before your exam you may drink as many clear liquids as you want (list of approved items above). Do not eat any solid foods. Drink only clear liquids for all meals and snacks. Drink plenty of fluids to avoid dehydration and make the laxative work better.

If you take other medications, don't take them while drinking bowel prep. Take them 1 hour before starting or at least 1 hour after finishing. If you have any questions concerning medication and bowel prep please reach out to your primary care or ordering doctor.

About one hour after you start your bowel prep medication you will likely begin to have diarrhea, it can vary slightly between patients. You will want to stay close to a bathroom. You may also have some cramping in your lower abdomen. This is normal. If you start to have severe steady stomach pain, get lightheaded or dizzy, or you don't pass any of the solution, call your primary care doctor. You may use baby wipes if your anal area becomes irritated from frequent bowel movements.

GoLytely Prep Instructions

Prep Day One – Day prior to exam

Morning

Starting when you wake up follow clear liquid diet. Drink only clear liquids for all meals and snacks. Drink plenty of fluids throughout the day to avoid dehydration and make the laxative work better.

(Optional: Mix the laxative and store it in a refrigerator if you want to drink it cold in the afternoon)

12:00 noon

Begin drinking bottle of prepared Golytely. Try to drink one 8oz glass every 10-15 minutes until Golytely is gone. Golytely needs to be finished by 5pm. Please note that some people may take longer than others to finish entire bottle, you may start drinking before noon if you feel more time will be needed

If you start to feel sick to your stomach stop drinking until nausea passes, then begin to drink at slower rate (8oz every 15-20 min) All the solution must still be finished to proceed with exam. If you can't finish GoLytely but your stool is clear continue on as instructed and contact us in the morning, we may still be able to perform exam.

6:00pm (or one hour after you finish GoLytely)

Drink slightly more than ½ of Barium Sulfate (250mL of 450mL bottle)

9:00pm (or 3 hours after finishing Barium Sulfate)

Drink bottle of Omnipaque 240. (You can drink it alone, followed by 8oz of clear liquid, or you can mix it with 8oz of clear juice or soda but you need to finish all the liquid)

You can continue to drink clear liquids until midnight. Do NOT eat or drink anything after midnight.

Prep Day Two – Day of exam

Morning

Do not eat or drink anything prior to your exam.

Medications: If you have normal medications that you need to take it is ok to take them with a small sip of water.

See additional information on page 6 for day of test.

PREPARING GOLYTELY
Please read the directions of the GoLytely bottle. Add water to the "fill" mark on the bottle Shake until all the powder has been dissolved. Do not add ice. You may refrigerate if you want chilled but do not add ice.

Do not add any other liquids or flavors (Except 2 packets of Crystal Light Lemonade Powder with Nutrasweet – no other flavor mixers)

SUPREP Prep Instructions

Prep Day One – Day prior to exam

Morning

Starting when you wake up follow clear liquid diet. Drink only clear liquids for all meals and snacks. Drink plenty of fluids throughout the day to avoid dehydration and make the laxative work better.

12:00 noon

- Empty 1 (6oz) bottle of SUPREP liquid into the mixing container
- Add cool drinking water up to the 16oz line on the container
- Drink all liquid in the container
- Drink 2 more 16 oz containers or water (32 oz total) over the next hour)

5:00pm

- Empty 1 (6oz) bottle of SUPREP liquid into the mixing container
- Add cool drinking water up to the 16oz line on the container
- Drink all liquid in the container
- Drink 2 more 16 oz containers or water (32 oz total) over the next hour)

6:00pm

Drink slightly more than ½ of Barium Sulfate (250mL of 450mL bottle)

7:00pm (or 3 hours after finishing Barium Sulfate)

Drink bottle of Omnipaque 240. (You can drink it alone, followed by 8oz of clear liquid, or you can mix it with 8oz of clear juice or soda but you need to finish all the liquid)

You can continue to drink clear liquids until midnight. Do NOT eat or drink anything after midnight.

Prep Day Two – Day of exam

Morning

Do not eat or drink anything prior to your exam.

Medications: If you have normal medications that you need to take it is ok to take them with a small sip of water.

See additional information on page 6 for day of test.

SUTAB Prep Instructions

Prep Day One – Day prior to exam

Morning

Starting when you wake up follow clear liquid diet. Drink only clear liquids for all meals and snacks. Drink plenty of fluids throughout the day to avoid dehydration and make the laxative work better.

Evening

- Open 1 bottle of 12 tablets, remove and discard the desiccant
- Remove and discard the desiccant from the second bottle and close second bottle, this bottle will be used the following morning.
- Fill the provided container with 16 oz of water (up to fill line)
- Swallow 1 tablet every 1-2 minutes
- You should finish the 12 tablets and the entire 16oz of water within 20 minutes
- If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.
- Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

You can continue to drink clear liquids.

Medications: Do not take oral medications within 1 hour of starting each dose of SUTAB. If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB.

Prep Day Two – Day of exam

Morning (5-8 hours prior to exam and at least 4 hours since last SUTAB dose)

- Using second bottle of pills.
- Fill the provided container with 16 oz of water (up to fill line)
- Swallow 1 tablet every 1-2 minutes
- You should finish the 12 tablets and the entire 16oz of water within 20 minutes
- If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.
- Drink slightly more than ½ of Barium Sulfate (250mL of 450mL bottle)
- Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes. Drink bottle of Omnipaque 240 while drinking this last 16oz of water.

Complete taking all SUTAB at least 2 hours prior to exam. Do NOT eat or drink anything after finishing above prep.

See additional information on page 6 for day of test.

Day of Exam

Do not have anything to eat or drink after midnight the night before exam.
(SUTAB patients: clear liquids until finished with prep in the am then nothing else to eat or drink)

You do not need a driver.

After exam you are free to resume normal diet.

CONTACT INFORMATION

CT Scheduling (458) 215-4040
Monday to Friday, 9:00am to 5:00pm

Please call if:

- You have any questions about these instructions
- You are not able to complete all preparation steps before your appointment
- You need to reschedule your appointment
- For urgent questions after business hours, please call your primary care doctor on call service