

Preparing for Your Virtual Colonoscopy

(Miralax prep)

Proper bowel cleaning is needed for the best exam!

To get a clean and empty colon you will start to prepare three days before your exam. Both diet modification and a bowel prep are needed to clean out the colon. The bowel prep consists of a laxative and contrast medicines. The laxative will help clean out the bowel for the exam. The contrast agents will help to highlight any leftover stool and liquid on the CT pictures.

If you have any questions or concerns about stopping a medication, please contact your doctor. You may continue to take all prescribed medications up to the evening before your exam.

If you have diabetes, please call your doctor to discuss how your diabetes medicine doses should be adjusted. Test your blood sugar more often the day before your exam. Check your blood sugar the morning of the test. If your blood sugar is low (less than 70mg/dl) or if you have symptoms, take some glucose tablets or drink 4 ounces of clear liquid that contains sugar, and recheck your blood sugar to keep it above 70 mg/dl. If the blood sugar gets too high or too low and cannot be controlled, call your primary care or diabetes doctor.

If you have active diverticulitis, contact your doctor first for treatment. You must wait six weeks after your treatment is complete before you can have the exam to allow your colon to heal.

Contents of Bowel Prep:

1. Two 5 mg Dulcolax (Bisocodyl) tablets. (Do not get Dulcolax stool softener)
2. One (1) 8.3 oz. bottle of Miralax (238 grams).
3. **One 64 oz or two 32 oz bottles of Gatorade, Propel, Crystal Lite or other noncarbonated clear liquid drink.** If you have diabetes, you may use sugar-free Gatorade. Refrigerate if you prefer to drink it cold.
4. Tagitol.
5. Omnipaque.

Three Days Before Your Exam (Friday)

Follow a low residue (low fiber) diet regimen. Eggs, boiled, baked, or broiled meats (chicken, beef, pork), white bread, crackers. Try to avoid foods that are digested slowly (wheat bread/wheat products, corn, popcorn, potato skins, nuts, fruit with skins and seeds, vegetables (except those that are well cooked or pureed) because they can interfere with your prep, and the exam.

Two Days Before Your Exam (Saturday)

Continue to follow a low residue diet regimen.

Drink a bottle of Tagitol after each meal on Saturday. No snacking between meals today.

The Day Before Your Exam (Sunday)

Starting at midnight the day of your prep, you may drink as many clear liquids as you want unless you are under a fluid restriction by your doctor. Drink **only clear liquids** for breakfast, lunch, dinner, and snacks. **Do not eat any solid foods.** Drink plenty of fluid to avoid dehydration. Clear liquids may include:

- Water, tea, or coffee (no cream or milk; sugar is okay), Gatorade®, Vitaminwater, Crystal Light.
 - Jell-O®, Popsicles® (no fruit or cream added)
 - Bouillon or broth
 - Apple, cranberry, grape juice (no orange juice, tomato, grapefruit, or prune juice)
 - Soda such as Sprite®, 7-Up®, ginger ale, or cola
 - Clear hard candy
 - Lemonade (with no pulp), ice tea
- Clear liquid protein drinks (Ensure Clear™, Resource Breeze)

Bowel Prep Instructions: (If you take other medicines, don't take them while drinking the Miralax prep. Take them 1 hour before starting or at least 1 hour after finishing the Miralax prep.)

Sunday

Step 1 At 8 am, take two Bisacodyl tablets (5 mg each) with 1 glass (8 ounces) of clear liquid. Do not chew or crush them. Do not take them within 1 hour of an antacid. This will gently help move your bowels to help the laxative work better. You can take these tablets and still perform normal activities because they rarely cause diarrhea.

(You may drink clear liquids and continue drinking until noon when you begin drinking the Miralax solution)

Step 2 At 12 PM: Miralax Solution/ 32oz. of Gatorade)

- Mix half the Miralax powder into a 32 oz. bottle of Gatorade
- Drink one 8 oz glass of Miralax/Gatorade solution and continue drinking one 8 oz. glass of the solution every 15 minutes thereafter until the mixture (32 oz.) is gone.
- Resume drinking liquids, staying well hydrated will help with the exam

Step 3 At 5 PM: Miralax Solution (32 oz. of Gatorade)

- Mix the remaining Miralax powder into 32 oz. bottle of Gatorade
- Again, Drink one 8 oz. glass of Miralax/Gatorade solution and continue to drink an 8 oz glass of the solution every 15 minutes until the remaining solution (32 oz) is gone.
- You may resume drinking liquids.

Step 4 At 10 PM: Choose one option

o **Option A:** Drink 1 bottle (50 mL) of Omnipaque undiluted. You may find it tastes better if you quickly drink it and then follow it with 1 glass (8 ounces) of clear juice, soda, or water.

o **Option B:** Mix 1 bottle (50 mL) of Omnipaque in 1 glass (8 ounces) of clear juice, soda, or water. If you dilute the medicine, you must be able to drink the entire amount, but you do not have to drink it quickly.

The Omnipaque is another contrast medication that helps enhance the study images

Helpful hints:

- Drink through a straw to help lessen taste.
- Use baby wipes, TUCKS, A+D or Vaseline to help sooth a sore bottom.

Bowel Prep Complete!!!

The Day of Your Exam

You may take your prescribed medicines as scheduled with a small sip of water.

If you have diabetes, test your blood glucose level more often when you can't eat as well

as before your exam. You should adjust your insulin or oral diabetes pills as discussed with your doctor. Resume your normal schedule after the exam. If your blood glucose level is low (less than 70 mg/dl) or you have symptoms, please drink a clear liquid with sugar or take glucose tablets. Always recheck your blood sugar level to make sure it stays above 70. We can still do the exam unless you need to eat solid food to maintain your blood glucose. It is better to maintain your blood glucose than to have the exam. We can always schedule your Virtual Colonoscopy in the future.

During the Virtual Colonoscopy Exam

The exam itself most often takes about 20 minutes or less to complete, but allow 45 minutes to an hour of total time. You will not need sedation or pain medication for the exam, nor an IV. After you change into a hospital gown, you will be taken to the CT room and placed on the CT exam table. A small tube will be gently placed a very short distance into your rectum. Carbon dioxide will be placed slowly into your colon. You may experience abdominal fullness, discomfort, or cramping during the exam. You may feel the urge to have a bowel movement. These are normal and should go away as soon as the exam is over. Pictures are taken while you lay on your back and then while you lay on your stomach. You will be asked to hold your breath for about 10 seconds while the pictures are taken.

After the Exam

You may wish use plain or aloe baby wipes, and apply Desitin® or A&D Ointment® to prevent a sore bottom.

You may resume your normal diet and take your medicines. There are no activity restrictions. You may return to work after the exam.

If you have an urgent concern after normal business hours please contact your primary care doctor's on call service.

If you are in need of immediate medical help, consider calling 911 or go to the nearest Emergency Room.