CT Colonography Bowel Prep

This preparation is for patients with normal or mildly impaired kidney function (GFR value of 30 or greater). If you are known to have serious kidney disease (GFR value of less than 30), have your doctor call the Medical Imaging Department for alternate preparation instructions.

Preparation Instructions

Please follow the instructions in this brochure very carefully. The instructions have been tested to ensure they minimize discomfort while producing a clean bowel. An incompletely clean bowel may mean that the test will have to be repeated. More importantly, if the bowel is not clean, remaining stool can hide serious conditions that may be present.

1-2 weeks prior to your appointment go to the St. Joseph's prescription shop (Directly inside the Grosvenor Street Entrance 1) and purchase a CT Colonography Bowel Prep Kit. Please be aware that the Prescription shop is open Monday to Friday from 9:00 – 5:00. The contents of this kit include:

- Barium Readicat (450ml)
- Gastrografin 30ml
- Picosalax (Purg-odan) (2 packages)
- Ducolax suppositories

The approximate cost is $28.00 + HST

Everything you require to prepare for the CT Colonography exam will be in this kit. Ignore the package inserts and follow the instructions in this brochure.

Clear Fluids List: water; juices without pulp such as white grape juice, cranberry or cranapple; decaffeinated coffee; decaffeinated soft drinks; popsicles and weak tea without milk or cream; broth; bouillon and juice based high calorie beverage (Boost – except chocolate).

Avoid all milk products. Do not drink just water as you may feel faint.

Medications: You may continue to take all regular medications through out the preparation time. If you are on insulin, ask your physician about dose modifications.
Two Days Before The Test:

Have normal evening meal. After dinner have only items from the clear fluid list. Place Barium and Gastrographin in the refrigerator.

The Day Before the Test:

Breakfast:
1. Dissolve first package of Purg-odan in a glass of cold water stirring constantly for 2-3 minutes until all dissolved. If the solution heats while stirring, let it cool or add more cold water before drinking. Drink this glass followed by an equal or larger glass of juice. Drink 4 or 5 more glasses of clear fluid over the next hour. You will experience frequent bowel movements which may occur within an hour. Stay close to a washroom. Wet wipes are easier than toilet paper.
2. 1 hour after taking Purg-odan take first 100 ml of Barium (easier to drink with a straw)
3. You can have other clear fluids listed previously.

Snack: Popsicle or decaffeinated soft drink

Lunch: Broth, Bouillon or Boost (except chocolate). Take remaining barium.

Snack: Popsicle or decaffeinated soft drink

Clear fluids dinner about 5 or 6 PM:
1. Take second package of Purg-odan exactly as per breakfast instructions. If the solution heats while stirring, let it cool or add more cold water before drinking. Drink 4 or 5 glasses of clear fluid over the next hour. You will experience frequent bowel movements which may occur within an hour. Stay close to a washroom.
2. Can have other clear fluids as desired.

At 8 PM:
1. Take 30 mls of Gastrographin mixed with 8 ounces of clear fluid. Again, it may be easier to tolerate with a straw.
2. Insert the first rectal suppository. This should empty your bowel of any residual fluid.
3. No fluids after midnight except sips of fluid for any medication in the AM.
The Day of the Test

No Breakfast

If you are diabetic, you may have a light breakfast to prevent an insulin reaction

In AM about 2 hours before the test:

1. Insert second rectal suppository.
2. Sips of fluid for any normal medications as directed.
3. Try to empty bowel one last time just before the test to ensure little fluid is left before the test.

After the Test

Resume normal diet and medications

Commonly Asked Questions

1. **What is a CT Colonography?**  This is a safe and painless exam of the large bowel (colon). To prepare you must follow the bowel preparation instructions as instructed.

2. **What happens during the procedure and how long does it take?**  The exam takes about 20 minutes to complete. You will not need sedation for this exam, but some medication may be given IV to relax the colon. Once you are on the CT table a small tube will be gently placed a very short distance into your rectum. Carbon dioxide will be slowly introduced into your bowel via this tube distended the CT images are taken.

   You will experience some fullness, which will quickly dissipate after the exam. Once the colon is distended the CT images are taken.

3. **What do I do if I am working the day before the test?**  Take the first packet of Purg-odan at 6pm two nights before your test, instead of the morning before your test. Take the second packet of Purg-odan at 6pm the night before the test. You will still be on a fluid diet at work the day before the test but should not have to make frequent trips to the washroom during working hours.
4. **When do I start the prep?** The prep starts two evenings before the day of your test. If your test is booked on a Wednesday, you can eat normally all day Monday. After your normal evening meal on Monday, you should start the prep with clear fluids as directed. The prep continues through Tuesday so that you will be ready for your test Wednesday. Thus the prep takes one evening followed by one full day.

5. **It’s been a few hours since I took the Purg-odan and I still haven’t had a bowel movement, what should I do?** Just continue with the prep. Everybody’s digestive system works differently. If no results after the second Purg-odan dose, contact your doctor or pharmacist.

6. **Can I drive home after the procedure?** Yes you can.

7. **Can I go back to work after the procedure?** Yes, you can resume normal activity as well as your normal diet.

8. **What should I do if I get nausea/vomiting during the preparation?** If you experience any vomiting take 25 mg of Gravol, wait 30 minutes and continue with the rest of the preparation. If vomiting persists, call your doctor.

9. **Is there a limit to the amount of fluids I can take the day before the exam?** No, you can take as much Boost (except chocolate) or fluid as you like. You only need to limit your fluid intake on the day of the exam.

10. **Should I continue to take my current medications with this prep?** There is NO change to your medications – take as directed. You may take medications for headaches, colds, etc. as needed. **DIABETIC** patients – the dosage of your pills may need to be adjusted as a result of the food and fluid restrictions. PRIOR to the procedure please consult with your doctor for instructions about your diabetic medication. We do recommend that you bring your medication and some food with you to your appointment.

11. **I have a long drive to my appointment, when should I take the last suppository?** Come to your appointment half an hour early and take the suppository when you arrive at the hospital

    If you have any further questions contact your doctor.