SDMI STEINBERG DIAGNOSTIC

CT COLONOGRAPHY PREP INSTRUCTIONS WITH MIRALAX

Supplies Provided: 1 Bottle Radiographic Contrast Agent *(commonly known as OPTIRAY or Omnipaque)*

Supplies Required: Please purchase the following from your local drug store.

✓

- ☐ **(1) One 8.3oz bottle Polyethylene Glycol 3350** *(commonly sold as Miralax)*
- ☐ **(1) One 64oz or (2) Two 32oz bottles of Gatorade**
- ☐ **(4) Four 5mg Tablets Bisacodyl** *(commonly sold as Carters little Pills or Dulcolax)*
- ☐ **(1) One 10mg Bisacodyl Suppository** *(commonly sold as Dulcolax, Fleet Bisacodyl or Magic Bullet)*
  *Note: This can melt if kept in a warm place (ie: your pocket)

Day Before Your Exam _____at _____

✓

- ☐ **No Solid Food ALL Day**
- ☐ **Drink Clear Liquids Only** *(water, tea, coffee, juice, soda, broth, jello, etc)*
- ☐ **8:00am.....Mix 2tsp of Radiographic Contrast Agent in 1 glass of water and drink it**
- ☐ **9:00am.....Mix all of the Miralax into the 64oz bottle of Gatorade until dissolved, place in your refrigerator**
- ☐ **10:00am .....Continue drinking clear liquids the rest of the day to stay hydrated and to flush out your colon**
- ☐ **12:00 noon.....Mix 2tsp of Radiographic Contrast Agent in 1 glass of water and drink it**
- ☐ **2:00pm.....Start drinking the Miralax/Gatorade mixture. Drink 8oz every 15-30 minutes until finished. You should finish drinking the entire mixture by 5:00pm. Once you have finished drinking the Miralax/Gatorade mixture, then mix 2tsp of Radiographic Contrast Agent in 1 glass of water and drink it**
- ☐ **7:00pm.....Take all (4) four 5mg oral Bisacodyl tablets with a large glass of water**
  *Do not chew the tablets. Bisacodyl tablets generally take 6-12 hours to produce bowel movements

Day Of Your Exam _____ at _____

✓

- ☐ **No FOOD, LIQUID or MEDICATIONS, except the below**
  *Bring your medications with you to the exam & take them after the exam is completed
- ☐ **2-3 Hrs Prior to your exam....Mix 4tsp of Radiographic Contrast Agent in 1 glass of water and drink it**
  Use the 10mg Bisacodyl Suppository
  *Unwrap and discard the foil/wrapper. While lying on your side with your leg raised, insert the suppository into the rectum and gently push in as far as possible. See packaging for complete instructions

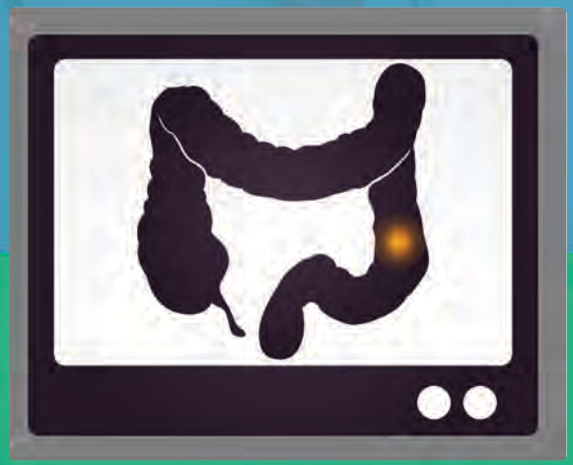
If you have diabetes please carefully monitor your blood sugar throughout the prep.

QUESTIONS? Please Contact Us at 702.732.6000 and ask to speak to the CT Specialist

What is a CT Colonography

CT Colonography also known as a Virtual Colonoscopy is an exam to screen the large intestine, typically looking for colon cancer.

By utilizing CT technology, a scan produces hundreds of images of your abdominal organs. Those images are digitally combined to provide detailed views.



Am I a candidate?

There are a few instances that an individual would NOT be a candidate:

- A History of colon cancer or abnormal tissue clumps
- A family history of colon cancer or colon polyps
- Chronic inflammatory bowel disease (Crohn's disease or ulcerative colitis)
- Acute diverticulitis

(Source: mayoclinic.org)

Traditional Colonoscopy vs Virtual Colonography

Traditional

- A long tube is inserted into the rectum at the beginning of the colon
- Performed with sedation
- Looks only at the colon

Virtual

- A small thin tube is inserted into the rectum
- No sedation is needed
- Looks outside the colon and can detect other unsuspected issues

Contact Us

Locations across the Valley.

Scheduling: 702.732.6000
comments@sdmi-lv.com
sdmi-lv.com

/SDMILV

SDMI
STEINBERG
DIAGNOSTIC

Everything YOU need to know about your Colonography Procedure

CT Colonography

What to expect

Prep

Cleaning your colon

A bowel prep is required for this procedure.

Complete instructions will need to be picked up from any of our locations 4 days prior to your procedure.

At time of pick up you will also receive a bottle of radiographic contrast agent.

You will also need to purchase a few supplies from your local drug store.

Please plan to start prep 1 full day before your procedure. It is very important that your colon is as clean as possible. Residual stool can either mimic or obscure potential lesions.

Procedure

Before the scan

You will not be under anesthesia for this procedure.

The procedure in total lasts about 10-15 minutes.

To begin the procedure, you will lie on your side on the CT table while the technologist inserts a thin tube into your rectum. A small balloon will be inflated inside your rectum to hold the tube in place. This may cause some discomfort and you may feel the urge to have a bowel movement. It is best to relax and not strain. Air pumped through the tube will distend your colon. You may feel mild cramping at this time.

Procedure

The scan

The CT table slides you in and out of the CT Scanner. You will scanned prone (lying on your stomach) and then supine (lying on your back). You will need to be able to roll into these positions on your own.

The technologist will ask you to hold your breath several times during the procedure. Breathing causes motion and can degrade the image quality.

During and after the procedure, you may feel gassy and/or bloated.

Once the scan is complete, the technologist will deflate the balloon and remove the thin tube from your rectum. You will then be directed to the nearest restroom.

After that, you are free to leave.

Results

The radiologist will evaluate your study and your referring physician will receive the results, usually in 1-2 business days. Results are available to you, the patient, via our Patient Portal at sdmi-lv.com