



CT Colonoscopy (Virtual Colonoscopy) Bowel Prep for Diabetic Patients

Patient Name			
Exam Date		Exam Time	
Procedure			

Items Needed for Prep:

Item	Amount	Provided by
GoLytely (prescription included)	As prescribed	Patient purchases from pharmacy
Barium Sulfate	1 – 450 mL bottle	Radiology Associates provides
Iohexal (Omnipaque 9 mg iodine/mL) *	1 – 50 mL bottle	Radiology Associates provides

*If patient has an iodine allergy, NO Iohexal (Omnipaque 9 mg iodine/mL) will be given (NO SUBSTITUTIONS).

*******ALL prep to be completed DAY BEFORE exam*******

Day Before Your Procedure:		
Clear liquid diet (directions for a clear liquid diet are in Exam Information below)		
12:00 p.m. – 2:00 p.m.	Barium Sulfate	Drink half the bottle (225 mL) of the 450 mL bottle
Every 10 minutes following barium	GoLytely	1 glass (8 oz.)
Continue drinking GoLytely every 10 minutes until all fluid is consumed or until bowel movement is completely clear		
9:00 p.m. or when GoLytely is done	Iohexal (Omnipaque 9 mg iodine/mL) *	1 bottle – 50 mL

*If patient has an iodine allergy, NO Iohexal (Omnipaque 9 mg iodine/mL) is to be taken (NO SUBSTITUTIONS).

NOTE TO PATIENT:

Your test involves a special diet and medications that cleanse the colon of any digested foods. It is important to follow the diet restrictions and take medications at the instructed times. Drinking fluids as directed is important for the medications to be most effective and prevent dehydration. The diagnostic quality of the exam is dependent on how well the pre-exam instructions are followed.

DAY OF PREP: Take any routine medication as early as possible before starting prep. If you take insulin injections, reduce your insulin doses to half and continue your diabetic pills as normal. Drink clear fluids up until your exam. Please check your blood sugar regularly, if able. If your blood sugar is below five, drink clear, sugary drinks to avoid becoming hypoglycemic (low blood sugar).

DAY OF THE EXAM: It is okay to take any medication, as long as that medication does not have to be taken with food. **If you have a morning appointment**, bring insulin/diabetes pills with you to take after the exam. **If you have an afternoon appointment**, take half your normal dose of insulin in the morning only – do not take diabetes pills. Bring the rest of your diabetes medication to take after the exam.

*******IF YOU HAVE ANY QUESTIONS REGARDING THE PREP, PLEASE CALL THE CT COLONOSCOPY SCHEDULING DEPARTMENT AT (352) 671-4220*******



CT Colonoscopy (Virtual Colonoscopy) Bowel Prep

EXAM INFORMATION:

How is the test performed?

The technologist begins by positioning you on the CT examination table, usually lying on your side and then your back. A very small, flexible tube will be passed two inches into your rectum to allow air to be gently pumped into the colon using an electronic pump called an insufflator. This pump is used to deliver carbon dioxide gas into the colon. The technologist is able to control the pressure of the gas going into the colon. The purpose of the gas is to distend the colon to eliminate any folds or wrinkles that might obscure polyps from the physician view.

Next, the table will move through the scanner to acquire the first set of images. Patients are asked to hold their breath for about 15 seconds for this portion. Patients are then asked to turn over and lie on their stomach for a second pass to be made through the scanner. If patients are unable to lie on their abdomen, they can do the procedure lying on their side. Once the scan is done, the tube is removed. The entire exam is usually completed within 25 minutes.

What will I experience during the procedure?

The vast majority of patient who have a CT Colonoscopy (virtual colonoscopy) report a feeling of fullness when the colon is inflated during the exam, as if they need to pass gas. Significant pain is uncommon, occurring in fewer than 5% of patients. You will not receive any medications to relax you or sedate you during the procedure. You will need to be awake and able to answer questions and follow commands. After the tube is inserted, your privacy will be respected. The scanning procedure itself causes no pain or other symptoms. After the CT Colonoscopy exam, you can return to your normal activities.

What is a clear liquid diet?

A clear liquid diet consists of liquids that are easily digested and leave no residue in your intestinal tract. It is typically prescribed prior to certain medical procedures such as surgery, colonoscopy, or in this case CT Colonoscopy (also known as virtual colonoscopy).

What foods are allowed in a clear liquid diet? (Nothing RED)

- Any liquids
- Water (Plain, carbonated or flavored)
- Fruit juices (apple juice, white grape juice, NO PULP)
- Carbonated drinks (sodas)
- Gelatin
- Clear broth
- Honey or sugar
- Hard Candy (lemon drops or peppermints)
- Popsicles

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