

## Patient Instruction Sheet for Virtual Colonoscopy

**Description of the Procedure:** Virtual colonoscopy is a non-invasive procedure, which uses computed tomography (CT) to take pictures of the colon after it is filled with a moderate amount of carbon dioxide (CO2). A short lubricated tube will be placed in your rectum. As your colon fills with CO2 you will feel slightly bloated. The CT scan will take pictures of your colon while you lie on your back and on your stomach. The CT scanner is a short open chamber with no enclosed tunnel. The CT scan will take about 15 minutes.

**\*\*\*It is critically important to strictly follow the instructions of the colon-cleansing regimen with the 2 oral contrast agents.** This will help tell the difference between stool and abnormalities in your colon. You must drink the entire amount of the oral preparation. **TIP: Refrigerate Barium and Gastroview, this will make them more palatable.** You may NOT eat solid food the day before or morning of your exam. Only “clear liquids” are allowed. Examples include water, juices with no pulp, sodas, gelatin, popsicles, hard candy, broth (bouillons), coffee, and tea (limit the amount of caffeine) with sugar (no cream or milk). **Continue to take your regular medications as directed by your physician.\*\*\***

\*\*\*\*\*Below are instructions on how to take your prep medications. **\*Only follow the instructions for the Prep set that your provider prescribed.\* You will either do the Fleets Prep or the Colyte Prep, NOT both\*** Please call if your provider did NOT prescribe ALL the medications. To schedule your appointment or if you have any questions call 202-782-6188/0892 or go to [www.vcscreen.com](http://www.vcscreen.com). You can pick up baby wipes (NOT flushable) that you can use, instead of toilet paper, at the Department of Radiology in room 1G on the first floor of the main building at Walter Reed Army Medical Center.\*\*\*\*\*

### **The Day Before the Exam (Please Check as completed)**

**If you have the following medications follow this Fleets Prep instructions.**

**OR If your provider ordered these medications INSTEAD of Fleets Prep,**

**follow this Colyte Prep instructions.**

\*\*We recommend wet flushable wipes, instead of plain toilet paper\*\*



\*\*We recommend wet flushable wipes, instead of plain toilet paper\*\*



#### **FLEETS Prep Instructions**

#### **COLYTE Prep Instructions**

One bottle of each

	Time	Instruction
<input type="checkbox"/>	<b>All Day</b>	Before starting your bowel prep, make sure you are close to a restroom. All day follow a restricted diet consisting of clear liquids, including the morning of the exam. <b>Drink plenty of fluids throughout the day to prevent dehydration.</b>
<input type="checkbox"/>	<b>12:00 PM</b>	<ul style="list-style-type: none"> <li>• Take 2 Dulcolax tablets.</li> <li>• Drink <b>half of 450ml</b> bottle of CT Barium. <i>(White, chalky tasting liquid)</i></li> </ul>
<input type="checkbox"/>	<b>3:00 PM</b>	Drink <b>half of 90ml</b> bottle of <b>Fleets Phosphosoda</b> mixed with some ginger ale or fruit juice. Follow with 8-10 8oz cups of water throughout the afternoon.
<input type="checkbox"/>	<b>6:00 PM</b>	Drink <b>last half of 90ml</b> bottle of <b>Fleets Phosphosoda</b> mixed with some ginger ale or fruit juice. Follow with 8-10 8oz cups of water throughout the evening.
<input type="checkbox"/>	<b>10:00 PM</b>	<ul style="list-style-type: none"> <li>• Drink <b>half of 120ml</b> bottle of <b>Gastroview (Brown Bottle)</b> mixed with 8oz of fruit juice or clear drink.</li> <li>• Drink <b>last half</b> of CT Barium.</li> </ul>

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<input type="checkbox"/>	<b>All Day</b>	Before starting your bowel prep, make sure you are close to a restroom. All day follow a restricted diet consisting of clear liquids, including the morning of the exam. <b>Drink plenty of fluids throughout the day to prevent dehydration.</b>
<input type="checkbox"/>	<b>12:00 PM</b>	Drink <b>half of 450ml</b> bottle of CT Barium <i>(white, chalky tasting liquid)</i>
<input type="checkbox"/>	<b>5:00 PM</b>	Drink <b>Colyte</b> over 4 hours. Fill up with water and make sure powder is completely dissolved. Drink about 4oz every 5 min. (Finish by <b>9 PM</b> ).
<input type="checkbox"/>	<b>10:00 PM</b>	<ul style="list-style-type: none"> <li>• Drink <b>half of 120ml</b> bottle of <b>Gastroview (Brown Bottle)</b> mixed with 8oz of fruit juice or clear drink.</li> <li>• Drink <b>last half</b> of CT Barium.</li> </ul>

### **The Day of the Exam**

<input type="checkbox"/>	<b>At least 1 Hour prior to Appt</b>	No matter which prep instructions you followed, arrive to your appointment at least <b>1-hour prior</b> and drink the <b>last half of 120ml</b> bottle of <b>Gastroview (Brown Bottle)</b> , mixed with fruit juice, in the CT Imaging Waiting Room. (Room 1G, 1st Floor of Walter Reed’s Main Hospital). Gastroview may have a laxative effect, therefore please take it in the hospital. Please ask for a <b>VC Day of Exam Questionnaire</b> when you arrive.
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