

## 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 (CO<sub>2</sub>). A short pediatric size lubricated tube will be placed in your rectum. As your colon fills with CO<sub>2</sub> you will feel “bloated”. The CT scan will take pictures of your colon while you lie on your back and on your stomach. The exam will take about 10 minutes.

**Below are instructions on how to take your prep medications:** For best results, adhere strictly to the instructions below. To schedule your appointment and to go over prep instructions call 202-782-0887 or 782-0892 or go to [www.vcscreen.com](http://www.vcscreen.com).

### 3 Days Prior

STOP fiber supplements and follow a LOW-FIBER diet.

<b>Avoid</b>	Whole grain breads, cereals, and pasta; bran cereal, oatmeal, brown rice, raw fruits and vegetables, dried fruits and vegetables, beans, nuts, seeds, chunky peanut butter, jam, corn, popcorn, coconut, pickles, horseradish, relish, drinks with pulp.
<b>Recommend</b>	All meats, seafood and dairy products; eggs, regular pasta, white rice, white bread, pastry, cooked potatoes (no skin), fruit juices without pulp, all oils, margarine, butter.

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

**NO solids foods** are to be eaten from the prior morning until the completion of your exam the next day. Only “**clear liquids**” are allowed. Examples include, water, pulp-free fruit juices, flavored water such as Crystal Light, Gatorade, sodas, gelatin, popsicles, hard candy, broth (bouillons), coffee, and tea (limit the amount of caffeine) with sugar, sugar substitutes, honey, NO cream or milk. Continue to take your regular medications as directed by your physician.

Colyte Prep Instructions:



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

	Time	Instruction
	<b>All Day</b>	<ul style="list-style-type: none"> <li>Before starting your bowel prep, make sure you are close to a restroom. All day (as soon as you wake up) follow a restricted diet consisting of clear liquids; including the morning of the exam (see above for examples). <b>Drink plenty of fluids throughout the day to prevent dehydration.</b></li> </ul>
	<b>Morning</b>	<ul style="list-style-type: none"> <li>Add flavor packets to the Colyte bottle and fill up with water. May use “Crystal Light” instead. Mix well to completely dissolve all contents and chill in refrigerator. Refrigerate Barium and Gastroview bottles as well; this will make them more palatable.</li> </ul>
	<b>12:00 PM (Noon)</b>	<ul style="list-style-type: none"> <li>Take <b>4 Dulcolax</b> tablets (20mg).</li> <li>Drink <b>half of 450ml</b> bottle of <b>Barium Sulfate Suspension</b>.</li> </ul>
	<b>5:30 PM</b>	<ul style="list-style-type: none"> <li>Begin drinking the Colyte bottle. Drink at a rate of one 8oz cup every 10 minutes. You must drink <b>HALF</b> (2 liters) of the bottle of Colyte. Stool output must become clear/faint yellow in color and contain NO solid material. If your stool output is NOT clear/faint yellow in color, <b>you must continue drinking Colyte until stool output becomes clear/faint yellow in color. If your colon is NOT properly cleaned, your exam may have to be repeated.</b> So some patients may have to drink the entire Colyte bottle for optimal results. It is not uncommon to develop nausea or to feel bloated. If this occurs, stop drinking for 10-15 minutes until the sensation subsides, and then resume drinking.</li> </ul>
	<b>10:00 PM</b>	<ul style="list-style-type: none"> <li>Drink <b>last half of Barium Sulfate Suspension</b>.</li> <li>If your appt is BEFORE 10 AM, drink <b>HALF</b> of the 120ml bottle of <b>Gastrografin</b> (or MD-Gastroview) (<i>Brown Bottle</i>) <b>NOW</b>, mixed with <b>8oz juice or soda</b>. If your appt is at 10 AM &amp; after, drink <b>HALF</b> of the bottle of <b>Gastrografin</b>, mixed with <b>8oz juice or soda, 2 hours before departing your home on the day of the exam</b>. Discard the last half, you need to drink only 60ml (half bottle) of Gastrografin.</li> </ul>

### The Day of the Exam

	<b>15 minutes Prior</b>	Arrive to your appointment <b>15 minutes prior</b> . The CT Imaging room is located on the 1 <sup>st</sup> floor, Room 1G of Walter Reed’s Main Hospital. Check in and please fill out a <b>VC Day of Exam Questionnaire</b> when you arrive.
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