

Adult Prep Instructions for CT Virtual Colonography

Items to be purchased from a local pharmacy / no prescription needed:

1. One package of Citroma Oral Solution (Magnesium Citrate)
2. Three 5 mg Dulcolax (Bisacodyl) tablets
3. One Dulcolax (Bisacodyl) 10 mg suppository

Patients: Check with your doctor before use, if you have:

- Kidney disease
- Uncontrollable high blood pressure
- Abdominal pain, nausea, or vomiting
- Sudden change in bowel habits persisting over a 2 week period
- Rectal bleeding or failure to have a bowel movement after use.
- A magnesium or sodium-restricted diet
- Already used a laxative for a period longer than 1 week
- If pregnant or breast-feeding

Two Days prior to the Exam

- Regular breakfast
- Regular lunch
- Regular dinner

One Day Prior to the Exam

- **Breakfast**
Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red; soft drinks, black coffee or plain tea
- **12:00 PM / Lunch**
Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red; soft drinks, black coffee or plain tea
- **1:00 PM to 4:00 PM**
Drink **four** full 8 fl oz glasses of water over this three hour period
- **5:00 PM / Dinner**
Clear soup (any broth); strained fruit juices without any pulp; flavored gelatin that is not red; soft drinks, black coffee or plain tea

- **5:30 PM**
Citroma Oral Solution (Magnesium Citrate): Refer to package insert for precautions.

Adults drink 6.5 to 10 fl oz. of **Citroma Oral Solution (Magnesium Citrate)**
Drink one full 8 fl oz glass of water
This product generally produces a bowel movement in 30 minutes to 6 hours.

- **6:00 PM to 7:00 PM**
Drink **two** full 8 fl oz glasses of water over this one hour period

- **7:30 PM**
Dulcolax (bisacodyl) 5 mg tablets: Refer to package insert for precautions.

Take 3 **Dulcolax (bisacodyl) 5 mg tablets**, with one full 8 fl oz glass of water. **DO NOT CHEW OR CRUSH TABLETS.**

The tablets are to be taken two hours after drinking the Citroma Oral Solution (Magnesium Citrate).

Do not use within 1 hour after taking an antacid or milk.

Bisacodyl tablets generally produce bowel movements in 6 to 12 hours.

- **8:00 PM to 9:00 PM**
Drink **two** full 8 fl oz glasses of water over this one hour period
- **DO NOT EAT AFTER 9:00 PM.**

DAY OF EXAM: DO NOT EAT OR DRINK ANYTHING EXCEPT WATER

Dulcolax (bisacodyl) 10 mg suppository: Refer to package insert for precautions.

At least two hours before the examination, Peel open plastic. While lying on your side with thigh raised, insert suppository well into rectum, pointed end first. Retain the suppository for at least 15 minutes, if possible, before evacuating, even if the urge is strong. Bowel evacuation usually occurs within 15 to 60 minutes.
Patients requiring assistance should have a bedpan, commode or help readily available.