Adult Prep Instructions for CT Virtual Colonography

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

1. One bottle of Polyethylene Glycol powder (e.g. MiraLAX, NET WT 8.3 oz)
2. Four 5 mg Dulcolax (Bisacodyl) tablets
3. Two 32 fl. oz bottles of Gatorade® or Powerade (OK to chill in the refrigerator)
4. Clear liquids (broth; strained fruit juices without pulp; flavored gelatin that is not red; soft drinks, black coffee or plain tea)

Patients: Check with your doctor before use if you have/are:

- Taking prescription drugs
- Kidney disease
- Uncontrollable high blood pressure
- Abdominal pain, nausea, or vomiting
- Sudden change in bowel habits persisting over a 2 week period
- Irritable bowel syndrome
- Rectal bleeding or failure to have a bowel movement after use.
- 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 / before 9am
  - Clear liquids (broth; strained fruit juices without pulp; flavored gelatin that is not red; soft drinks, black coffee or plain tea)
  - Take four Bisacodyl tablets (5 mg each) with 1 glass (8 fl. oz) or more of clear liquids. This will gently move your bowels.
  - Do not chew or crush the Bisacodyl tablets.
  - Do not take Bisacodyl tablets within 1 hour after taking an antacid or milk.
Lunch / 1pm
- Mix half of the Polyethylene Glycol powder (approximately seven MiraLAX® bottle caps filled to the indicated cap line) in one 32 fl. oz bottle of Gatorade® or Powerade®. Mix or shake to dissolve.
- Drink 1 cup (8 fl. oz) every 10 – 20 minutes. Expect liquid stools to begin in 1-2 hours (time varies for each person). You will want to stay close to a bathroom.
- Once you finish drinking the mixture, you may drink other clear liquids.

4pm
- Mix the other half of the Polyethylene Glycol powder ((approximately seven MiraLAX® bottle caps filled to the indicated cap line) into the second 32 fl. oz bottle of Gatorade® or Powerade®. Mix or shake to dissolve. As above, drink 1 cup (8 fl. oz) every 10 – 20 minutes.
- Once you finish drinking the mixture, you may drink other clear liquids.
- Your bowel movements would gradually become watery and free of solids.

6pm to 7pm
Drink two full 8 fl oz glasses of water over this one hour period

8pm to 9pm
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