

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**