

ZILKHA RADIOLOGY

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Preparation for the Virtual Colonoscopy

What is a Virtual Colonoscopy?

The technologist begins by positioning you on the CT examination table, usually lying flat on your back. Straps and pillows may be used to help you maintain the correct position and to help you remain still during the exam.

A very small, flexible tube will be passed two inches into your rectum to allow air to be gently pumped into the colon using a hand-held squeeze bulb. A small balloon is inflated on the rectal tube to help keep the tube positioned correctly. The purpose of the gas is to distend the colon as much as possible to eliminate any folds or wrinkles that might hide polyps from the physician's view.

Next, the table will move through the scanner. Patients are asked to hold their breath for about 15 seconds or less before turning over and lying on their back or stomach for a second pass that is made through the scanner. Once the scan is done, the tube is removed.

Instructions:

You will need to pick up 1 box of Tagittol Barium Sulfate from Zilkha Radiology at least 2 days prior to the date of your exam.

Prior to the Test Purchase:

- One bottle of Miralax 238g
- One bottle of 64 ounce Gatorade (any flavor)
- Dulcolax tablets (you will need to take 2 tablets)

The Day before the Colonoscopy:

- You **cannot** have any solid or pureed food, milk, cream or orange juice
- You **can** have clear liquids (water, soda, lemonade, Gatorade, Gelatin (any flavor), Ice pops (any flavor), Italian ices (any flavor), clear broth, strained apple juice, white grape juice, black coffee or tea (without milk or cream), gum or hard candy.

Instructions:

- Take one bottle of Tagittol Barium Sulfate with each meal - breakfast, lunch and dinner. (For example, Breakfast have coffee with Jell-O and a bottle of Tagittol. Repeat for lunch and dinner)
- After dinner mix 238g Miralax with 64 ounces of Gatorade. Drink 8 ounces every 15 minutes until finished. If nausea occurs, wait 30 minutes and continue drinking.
- After you finish the Miralax, **have nothing to eat or drink until the study is completed the next day.**
- After 9PM, take 2 dulcolax tablets (with water).