

Preparation for a Virtual Colonoscopy

Patients suffering from cardiac and renal insufficiency

Your appointment is on:

Preparing your bowel for a virtual colonoscopy is necessary to obtain the best and most precise results possible. If the preparation is inadequate, normal fecal debris and residues may give the wrong impression of polyps, which could call for an unnecessary standard (optical) colonoscopy. Therefore, it is very important for you to closely follow these instructions.

Diabetic patients should check their blood sugar level often during the preparation and the morning of the exam.

With these instructions you will receive:

- 1 Colyte or Golytely bottle (4 l)
- 4 Bisacodyl tablets
- 1 Read-Cat bottle (450 ml)
- 1 Telebrix bottle (120 ml)

Instructions concerning your diet:

LOW-RESIDUE DIET:

Avoid:

Beef, pork, lamb, dairy products (cheese, milk, butter), fruits, vegetables, bran, Metamucil, grains, whole wheat, whole grain or whole wheat cereal.

What you can eat:

Turkey, chicken, fish (all without the skin or the fat), eggs, peeled potatoes, noodles, white rice, white bread, skimmed broth (without fat), consommé, liquid soup, soda crackers, Jello.

Clear fluids:

You can take all of the following products, as long as they are not red or violet: “**Gatorade**” type beverages, flat soft drinks, “Kool Aid”, or other artificial fruit beverages.

Lemon, orange or lime Jello (without added fruit or whipped cream), “Popsicles”.

Fruit juice without the pulp (apple, white grapes, lemonade), water, broth or consommé (brown or clear without solids), coffee and tea (without milk or artificial cream-“Coffee Mate”).

Avoid all products with red pigments (strawberries, raspberries, blue or red grapes).

Two (2) days before the exam:

Please follow the low-residue diet (refer to the first page).

Prepare the Colyte solution as indicated on the bottle and keep it refrigerated until tomorrow.

The day before the exam:

No dairy products, butter or margarine are allowed.

Clear fluids diet all day long (refer to the list of the first page).

8 h **Breakfast: clear fluids only** (refer to the list on the first page).

After breakfast, **drink half the bottle of Readi-Cat.**

12 h **Lunch: clear fluids only.**

After lunch, **drink half the bottle of Telebrix followed by a glass of water.**

Take the 4 Bisacodyl tablets unless advised otherwise by your doctor. Swallow the tablets with a full glass of water. Do not chew or dissolve them. These tablets will take effect (you will have a bowel movement) about 8 hours later. Do not take the tablets if you cannot swallow them without chewing them. Do not take the tablets if you have taken antacids and/or milk in the last hour. This product may give you abdominal discomfort, fainting, rectal irritations and slight cramps.

16 h **Drink all the bottle of Colyte or Golytely – 1 cup (250 ml) every 10 minutes.**

21 h **Drink the other half of the Readi-Cat bottle and the other half of the Telebrix bottle followed by a glass of water.**

If you are uncomfortable because of a too full stomach, lying on your right side will help to empty your stomach.

The morning of the exam:

Fasting (on an empty stomach). Do not eat anything for breakfast.

However, you can take your usual medication with a small glass of water.