



### **FOR FURTHER INFORMATION**

If you have questions, please contact medical imaging at the site your exam is scheduled:

Dr. G. B. Cross Memorial Hospital  
709-466-5240

Janeway Hospital  
709-777-9729

St. Clare's Mercy Hospital  
709-777-9729

A report of your examination will be sent to the doctor who ordered your test. Please contact your doctor for the result of your exam.

For more information on CT virtual colonography, visit

[www.easternhealth.ca](http://www.easternhealth.ca)

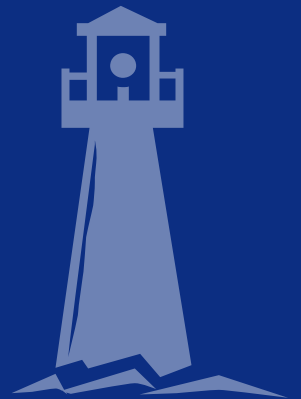
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## **CT VIRTUAL COLONOGRAPHY**

### **PATIENT PREPARATION**

[www.easternhealth.ca](http://www.easternhealth.ca)



**CT VIRTUAL COLONOGRAPHY** is a method of assessing the large bowel for polyps or colon cancer. This examination involves having a CT scan of the abdomen with a small rectal tube in place. You will have two CT scans, first with you lying on your back then on your stomach. The examination takes about 10-20 minutes.

The CT images are reconstructed to allow the radiologist to view the colon in a way similar to conventional colonoscopy, hence the name "Virtual Colonoscopy". This method has been shown to be accurate in detecting polyps and cancers. However, it is incapable of performing a biopsy or polyp removal like a "real" colonoscopy. If polyps are found, a real colonoscopy usually follows for confirmation and removal.

### IMPORTANT INFORMATION

- You will take a laxative to cleanse your bowel (**a very important part of the test**). Your last bowel movement should be clear liquid.
- If you have any medical problems such as insulin-dependant diabetes, heart or kidney disease, please contact your family physician as the laxative recommended may not be appropriate for you. He/she/they may order a different laxative more suitable for your condition.
- Take your medications as normal throughout your preparation for this exam
- If the bowel is not clean, then bowel growths may be missed – therefore it is important to follow the laxative, contrast and diet instructions fully and carefully. **If you do not take both the contents of the kit AND the laxative from the pharmacy and your bowel is not clean, the test will be CANCELLED upon arrival.**

### PREPARATION (ONE DAY BEFORE EXAM)

Preparation is essential for this examination to be successful and accurate. **Laxative and oral contrast agents are both required** for this examination. We will provide you with the oral contrast agents (see below for more details) and the laxative can be purchased at your local pharmacy.

Solid food is not advised during the preparation. A strictly liquid diet yields better results for diagnosis. You must drink lots of fluids (water, clear juice, or soup) for the laxative to be effective.

Do not eat any nuts and seeds for **one (1) week prior** to this examination.

#### **Oral Contrast Agents (provided in this kit):**

Since stool can resemble polyps on a CT Colonography examination, it is important to label any remaining stool with a contrast agent to distinguish it from polyps. In this kit are two contrast agents. They are:

- RediCat Preparation: One bottle contains 450ml of contrast. No preparation is needed. Follow instructions in table (next page).
- Gastrografin Preparation: One bottle contains 120ml of contrast. Take only ½ bottle (60ml total) with 8oz (250 ml) of a clear flavored fluid.

#### **Laxative (purchase at pharmacy):**

You will need to buy one package of Pico Salax or Purg-Odan from a pharmacy. One package contains two sachets. Please follow the instructions on the package to prepare the laxative.

*Follow preparation instructions as outlined in the table on the next page.*

### Begin one day before examination:

All Day	Drink liquid diet all day. Drink one glass of water, clear fruit juice, Ginger Ale, or Gatorade every hour until 8:00pm.
Breakfast (8:30 am)	Take one Sachet of Purg-Odan <u>or</u> Pico Salax (follow package instructions).  Drink 150ml of RediCat (1/3 of the bottle).
Lunch	Drink 150ml of RediCat (1/3 of the bottle).
2:30 pm	Take second sachet of Purg-Odan <u>or</u> Pico Salax.
Supper	Drink Last of RediCat (150ml)
1 hour before bedtime	Drink ½ bottle of Gastrografin (60ml total) with 250ml (8 ounces) of clear fruit juice, Ginger Ale, or Gatorade

### Day of Examination: Drink liquids only

#### Appropriate items for clear liquid diet:

- **Lots of Water**, decaffeinated tea or coffee, Gatorade, clear carbonated drinks, strained clear fruit juices without pulp (apple, white grape, orange, lemonade)
- ½ cup mixed strained vegetable juice
- Low sodium clear strained broth soup (no meat)
- Hard candy, Popsicles (no sherbet or fruit bars), Jell-O (no fruit pieces or toppings)
- **Avoid drinking alcoholic drinks, caffeinated drinks and chocolate.**