

**Bowel Preparation Instructions:**

Bowel preparation is essential for the CT Colonography (Virtual Colonoscopy) to be successful and accurate. If the bowel has not been cleaned properly, there is a chance the test will have to be cancelled and rescheduled; therefore **please follow all instructions carefully**. If you have any questions, please contact Diagnostic Imaging at 613-345-5649 ext.1114 Monday to Friday 8:00 a.m. to 3:00 p.m.

**Laxative:**

A laxative is required for this examination; the laxative is necessary to clean the bowel to ensure accurate images.

**\*\*Important: If you have any medical conditions such as insulin dependent diabetes, heart or kidney disease, please contact your family physician to determine whether the laxative recommended below is appropriate for you. Your physician may order a different laxative more suitable for your condition.\*\***

1. Laxative: Pico Salax – You will need to purchase this laxative from your pharmacy. It is important that you follow the timetable for ingesting the Pico Salax **provided below (do not follow the package instructions)**. For the laxative to be effective you must drink plenty of fluids (see liquid diet list below).

**Exam Registration:**

Please ensure you arrive at the Central Registration desk 30 minutes prior to your appointment time.

**Exam Report:**

Please note that your report will be sent directly to your referring physician approximately 2 weeks after your exam.

**Clear Liquid Diet List**

<b>Please do NOT consume</b>	<b>Red, orange, blue or purple liquids, Jello, popsicles etc.</b>
Avoid	<ul style="list-style-type: none"> <li>- Alcoholic beverages</li> <li>- Caffeinated beverages/food (includes coffee, tea and caffeinated soft drinks such as cola as well as chocolate candies, popsicles etc.)</li> </ul>
Beverages	<ul style="list-style-type: none"> <li>- Lots of water</li> <li>- Decaffeinated tea, coffee and carbonated drinks (Sprite, 7-Up, ginger ale), or Gatorade</li> <li>- Fruit juices without pulp (apple, white grape, lemonade etc.)</li> </ul> <p><b>NO orange, tomato, grapefruit or prune juice.</b></p>
Soups	<ul style="list-style-type: none"> <li>- Low sodium clear strained broth soup (no pieces of meats or chicken)</li> </ul>

**1 Day Before CT Colonography**

Midnight	No solid food after midnight.
Step 1: 8:30am	<ul style="list-style-type: none"> <li>- Take 1<sup>st</sup> package of Pico Salax</li> <li>- Follow liquid diet</li> <li>- Begin to drink 1 glass of water, fruit juice, ginger ale or Gatorade every hour until 8:00pm.</li> </ul>
Step 2: Lunch Time	<ul style="list-style-type: none"> <li>- Continue with liquid diet</li> </ul>
Step 3: 2:30pm	<ul style="list-style-type: none"> <li>- Take 2<sup>nd</sup> package of Pico Salax</li> </ul>
Step 4: Dinner Time	<ul style="list-style-type: none"> <li>- Continue liquid diet</li> </ul>

**NOTE: The times can vary but you must wait 3 hours between each step.**

**Day of CT Colonography**

<b>Liquids ONLY.</b> You may take your medication as normal.
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**FAQ:****How is the procedure performed?**

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

A very small, flexible tube will be passed two inches into the rectum to allow carbon dioxide gas to be gently pumped into the colon. The purpose of the gas is to distend the colon as much as possible to eliminate any folds or wrinkles that might obscure polyps from the radiologist's view.

The CT table will then move through the scanner. At this point patients are asked to hold their breath for about 15 seconds or less before turning over and lying on their back or side for a second pass through the scanner. Once the scan is done, the tube is removed.

The entire examination is usually completed within 15 minutes. The test is easily tolerated with the vast majority of patients experiencing no or at most mild discomfort.

**What will I experience during and after the procedure?**

Patients who have CT colonography often feel fullness when the colon is inflated during the exam, as if they need to pass gas. Significant pain is uncommon, occurring in fewer than 5 % of patients. A muscle-relaxing drug is sometimes injected intravenously. The scanning procedure itself causes no pain or other symptoms.

You will be alone in the exam room during the CT scan, unless there are special circumstances. The technologist will always be able to see, hear and speak with you through a built-in intercom system.

No sedatives are necessary and after the test you can return to your normal activities and diet.

**How closely do I have to follow the laxative bowel preparation instructions?**

Bowel prep instructions should be followed as close as possible as it is critical to ensuring accurate results. The laxative provides for good bowel cleansing. If not properly cleansed, residual stool can be mistaken for lesions or could mask a polyp causing them to go unnoticed by the doctor.

The primary goal of the test is to detect small precancerous lesions. Early detection translates to improved survival. Effective bowel screening increases the chances of detecting colorectal cancer early and reduces death rates related to colorectal cancer.