



Colonoscopy Preparation Instructions

What you will need:



6- Dulcolax Laxative tablets

(Bisacodyl, 5mg each).

(Available over the counter)



2-10 oz. Bottles of Citrate of Magnesia

If you have chronic renal failure or insufficiency, you cannot take Magnesium Citrate. Please call your doctor for an alternative prep.

(Available over the counter).



1- Bisacodyl Suppository

(Available over the counter)

3 DAYS BEFORE EXAM	FOLLOW THESE INSTRUCTIONS
AVOID ROUGHAGE	Avoid foods that are digested slowly (corn, popcorn, potato skins, nuts, fruits with skins and seeds, vegetables-except those that are well-cooked or pureed) because they may interfere with your prep.

2 DAYS BEFORE EXAM	FOLLOW THESE INSTRUCTIONS
Breakfast 6 am-8 am	Normal Breakfast
10:00 am	Drink water, tea, coffee throughout the morning.
Lunch 12:00-1:00	Light Lunch-Low fiber/ low fat preferred
1:00 - 5:00 PM	Water, Gatorade, or nutritional drinks Drink a minimum of 4 glasses of water-more if you like.
Dinner 5:00PM	Light Dinner-Low fiber/ low fat preferred
6:00 - Bedtime	Water, Gatorade, or nutritional drinks Drink a minimum of 4 glasses of water-more if you like.

IMPORTANT:

Starting at midnight the entire day before your exam (prep day), you may drink as many clear liquids (see below) as you want unless you are under a fluid restriction by your doctor. If you are under a fluid restriction, please speak with your doctor to make sure this prep is right for you. Drink only clear liquids for breakfast, lunch, dinner, and snacks. Do not eat any solid foods. Drink plenty of fluid to avoid dehydration and to make the laxative work better.

Clear Liquids Include:

- Gatorade, Powerade (sports drinks with electrolytes are recommended to

help with hydration)

Water, tea, or coffee (no cream or milk; sugar or honey is okay to add)

Vitaminwater, Crystal Light

Bouillon or broth (chicken, beef, or vegetable)

Jell-O, Popsicles (no fruit or cream added)

Apple, white grape, or white cranberry juice (no orange, tomato, grapefruit, or prune juice)

Soda such as Sprite, 7-Up, ginger ale, or any cola

Clear hard candy, gum

Lemonade (withno pulp), iced tea

Clear liquid protein drinks such as Ensure Clear TM, or Resource Breeze

ONE DAY BEFORE EXAM	FOLLOW THESE INSTRUCTIONS
12:00AM Day Prior	Start clear liquid diet for ENTIRE DAY. NO SOLID FOODS
Between 10:00AM – 12:00PM	Take four (4) Bisacodyl (Dulcolax)Tablets
Between 2:00 - 6PM	Drink one(1) 10 oz. Bottle Citrate of Magnesia. Follow this with at least 4 -6 cups of clear liquids before the next step. Wait at least 2-3 hours before going to the next step
Between 4:00 – 9:00 PM	Must be 2-3 hrs. after the first bottle of Magnesium Citrate. Drink theentiresecond bottle (296 mL) of magnesium citrate.Follow this with at least 4-6 cups of clear liquids. This is a laxative and will continue th process of cleaning out the colon.
After 12:00 AM	NOTHING TO EAT OR DRINK AFTER 12AM

IMPORTANT: Do not eat or drink anything after 12:00AM the day prior to your exam day until you are advised to after your exam. You may take your daily medicines as prescribed with small sips of water. If you haven't been able to have a bowel movement or to finish the prep kit, please call to schedule the exam for a later date.

DAY OF YOUR EXAM	FOLLOW THESE INSTRUCTIONS
Upon waking up	DO NOT EAT OR DRINK ANYTHING
Brushing Teeth	When brushing your teeth, don't swallow or drink water
Medications	Take necessary medications with a limited amount of water (small sips). Always consult with your physician regarding any medications you are taking.
Suppository	<p>1. At least two hours before the examination, unwrap the foil wrapper from the Bisacodyl suppository and discard foil.</p> <p>2. While lying on your side with thigh raised, insert the the suppository into the rectum and gently push in as far as possible.</p> <p>3. Retain the suppository for at least 15 minutes, if possible, before evacuating, even if the urge is strong. Bowel evacuation usually occurs within 15 to 60 minutes. If you require assistance, you should have a bed pan, commode or help readily available.</p> <p>Tip: Refrigerate suppository so it is firm before use.</p>

DIABETICS:

If you have diabetes, test your blood glucose level more often when you can't eat as well as before your exam. You should adjust your insulin or oral diabetes pills as discussed with your doctor. Resume your normal schedule after you receive the exam result phone call and are eating again. If your blood glucose level is low (less than 70 mg/dl) or you have symptoms, please drink a clear liquid that contains sugar or take glucose tablets. Always recheck your blood sugar level to make sure it stays above 70. We can still do the exam unless you need to eat solid food to maintain your blood glucose. It is better to maintain your blood glucose than to have the exam. We can always schedule your VC in the future. If you have any questions call us to consult with one of our physicians.

DRIVING:

You do not need to have a family member or friend drive you to and from the VC exam, as you will not be given any medicine that will make you sleepy. If

you need a standard colonoscopy the same day, then you will need to arrange for someone to drive you for that test.

The Virtual Colonoscopy Procedure

What to Expect before:

For this screening you will be asked to completely change into an exam gown. A small tip will be inserted into the rectum and a small balloon will be inflated to hold the tip in place. The technologist will then inflate the colon. It is important to inflate the colon to be able to get the best images for your radiologist. You will then be scanned once on your back and once on your stomach.

What to expect after:

You will then be able to change back into your clothes. Expect to feel somewhat bloated and gassy, this is normal and generally passes soon. You can eat and drink what you desire. Your results are normally available within 7-10 working days.

Thank You:

Since the mid-1980s, the colon cancer death rate has been dropping due in part to increased awareness and screening. By finding more polyps and cancer in the earlier (local and regional) stages, it is easiest to treat. Improved treatment options have also contributed to a rise in survival rates.



Please call us with any questions.

(405) 242-1400

3209 NW EXPRESSWAYOKC, OK 73112.

AdvancedBodyScan.com