

## The CT Colonoscopy Radiological Examination

### **What is a CT Colonoscopy?**

A CT colonoscopy is a test ordered by your doctor and performed by a Radiologist, a doctor specializing in the use of x-rays. In this test, the colon is filled or inflated with air which allows abnormalities of the colon such as colon cancer to become visible, and therefore detectable. Air is introduced into the rectum by the technologist and then images of the colon are obtained. No sedation is given and you are free to resume daily activities once the exam is complete. Once complete, the Radiologist interprets these x-rays and sends a written report to your doctor discussing the findings.

### **How do I prepare for a CT Colonoscopy?**

Please consult your doctor prior to preparing for this procedure if you have serious kidney or cardiac problems or are unable to take in large amounts of fluids by mouth. This test should not be performed if there is a possibility that you may be pregnant, since x-rays are used. Please consult your doctor if you are diabetic, as your diabetic medications may need adjusting. Please discuss this preparation with your doctor if you have chronic diarrhea, Inflammatory Bowel Disease such as Ulcerative Colitis or Crohns Disease or a large amount of rectal bleeding.

In order for the CT colonoscopy examination to adequately evaluate your colon, it is essential that the colon be free of stool, which, if present, may obscure abnormalities such as colon cancer. In addition, a clean colon is less likely to produce discomfort during the examination. To obtain a clean colon, colonic cleansing is performed, starting the day prior to the procedure. The keys to a successful colon preparation are a low residue diet, as outlined below, taking the prescribed cleansing medications and drinking plenty of fluids.

The following non-prescription medications are available from your local pharmacy and should be obtained prior to beginning the CT Colonoscopy preparation:

- Magnesium Citrate – One (1) 10 oz bottle
- Dulcolax (Bisacodyl) – Four (4) tablets (5 mgs. each)
- Dulcolax (Bisacodyl) – One (1) suppository

**\*\*\*IF UNABLE TO GET MAGNESIUM CITRATE: PURCHASE 225g bottle of Miralax and Dulcolax suppository but NO Dulcolax tablets.**

Additionally, prior to beginning the CT prep, you must obtain one bottle of Barium mixture from the South Jersey Radiology office in which you are having the procedure. You will only be drinking 8 oz which is half of the bottle. Please discard the remainder of the bottle.

## **Preferred Preparation with Magnesium Citrate:**

**2 days prior to you test:** Low fiber diet

### **On the day before your test:**

- 8 AM Have a clear liquid breakfast without milk products. This meal may include: clear broth or bullion, clear or strained fruit juices such as grape or apple juice, clear jello or gelatin, black coffee or tea with sugar but without milk or milk products, non-carbonated beverages, orange, raspberry or lemon ice (no sherbet). No milk products, fruits or vegetables.
- 12 Noon Have a clear liquid lunch without milk products, using the same guidelines as breakfast
- 1 PM Drink a full 8 oz glass of water.
- 2 PM Drink a full 8 oz glass of water.
- 3 PM Drink a full 8 oz glass of water.
- 4 PM Drink the bottle of Magnesium Citrate- this can be chilled to make it easier to drink. Also drink one 8 ounce glass of water.
- 5 PM Have a clear liquid supper, using the same guidelines as breakfast and lunch.
- 6 PM Drink 8 oz of the Barium mixture (1/2 bottle) and 8 oz of water (discard remainder of bottle).
- 8 PM Take the 4 Dulcolax tablets with 8 ounces of water. Do not chew the tablets. These tablets usually produce a bowel movement in 6-12 hours.
- Do not have anything to eat or drink after 8pm. Any required medication can be taken with a small amount of water.

### **On the day of your CT Colonoscopy examination:**

- Do not eat or drink anything.
- Any required medication can be taken with a small amount of water.
- 2 hours before exam: Dulcolax (Bisacodyl) suppository should be inserted rectally. While lying on your side with thigh elevated, insert the suppository into the rectum and gently push in as far as possible. Try to keep the suppository in for 20 minutes even if the urge for evacuation is strong. Bowel evacuation usually occurs within 15 to 60 minutes.

### **What will happen on the day of the examination?**

- After registration, you will be given a gown to change into.
- In the CT room, a lubricated tube is inserted into your rectum. A technologist introduces air through the tube into your colon and images are obtained. During the exam, you will be asked to lie on your back and on your stomach.
- The procedure usually takes 15-20 minutes. The tube is then removed and your procedure is complete.
- A report is generated by the radiologist and the result is communicated to your doctor. Be sure to call your doctor within a week or so to discuss the results

If you have any questions, please contact our office (888) 909-7572 (Option #1

## **Alternate Preparation with Miralax:**

### **2 days prior to you test:**

- Low fiber diet
- Mix entire contents of Miralax with 64 oz of clear liquid (Gatorade, crystal lite) and chill.

### **On the day before your test:**

- 8 AM Have a clear liquid breakfast without milk products. This meal may include: clear broth or bullion, clear or strained fruit juices such as grape or apple juice, clear jello or gelatin, black coffee or tea with sugar but without milk or milk products, non-carbonated beverages, orange, raspberry or lemon ice (no sherbet). No milk products, fruits or vegetables.
- 12 Noon Have a clear liquid lunch without milk products, using the same guidelines as breakfast
- 1 PM Drink a full 8 oz glass of water.
- 2 PM Drink a full 8 oz glass of water.
- 3 PM Drink a full 8 oz glass of water.
- 4 PM Drink a full 8 oz glass of water.
- 5 PM drink 8 oz of Miralax mixture. Continue drinking 8 oz every 15 minutes until finished.
- 7 PM Drink 8 oz of the Barium mixture (1/2 bottle) and 8 oz of water (discard remainder of bottle).
- Do not have anything to eat or drink after 8pm. Any required medication can be taken with a small amount of water.

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