



OUTPATIENT COLONOGRAPHY PREP

To avoid the rescheduling of your appointment please follow the prep instructions below

Medications

Medications can be taken the morning of your procedure with sips of water. Bring a current list of your medications and dosages with you to your appointment.

Adult Bowel Prep Instructions

- Purchase 8.3oz (238g) size bottle of Miralax® from any drug store or pharmacy.
 - Bottle will advertise 14 once-daily doses.
- Purchase one 64 oz. of Gatorade™, other sports drinks, soda, tea, clear juices such as apple, grape, cran-apple, etc. (no pulp), lemonade, and crystal light.
- You will need to drink barium the day before your CT Colonography exam. Please pick up the barium at least two working days before your CT exam at one of the following locations:
 - GMG Canton Clinic Radiology
 - GMG Macomb
 - Graham Hospital Imaging

5 days before your exam:

Stop iron pills and multi-vitamins which contain iron. Other names for iron are ferrous sulfate, ferrous gluconate or ferrous fumarate.

- Stop taking fiber medications such as Metamucil®, Fibercon®, Citrucel®, Benefiber®, Konsyl®, or Colon Care Capsules®.
- Stop eating nuts, popcorn, seeds, whole kernel corn, and peas. Remove skins and seeds from fruits and vegetables before eating. Use your best judgement. If in doubt, don't eat it.

Day before your exam

- No solid food
- Follow a clear liquid diet the entire day before your procedure: broth/bouillon, coffee (sugar is ok, no cream), tea, carbonated beverages such as Coke™, Pepsi™, Sprite™, etc., clear fruit juices, Jello™, Gatorade™, and Popsicles™. A good rule of thumb is anything you can see through and has no pulp. Hard candy is allowed.

Start drinking the Miralax® prep at 10a.m. the day before your exam.

Follow the instructions below

Please call the Radiology Department if you have any questions or concerns
309-649-5174



The instructions for taking this bowel prep are different than the instructions on the Miralax® bottle. Please follow instructions below:

1. Mix the entire bottle of Miralax® (8.3 oz or 238 grams) in 64 oz. of Gatorade™ or other clear liquid, except water. **Do not mix in water.** Clear liquids include Gatorade™, other sports drinks, soda, tea, clear juices such as apple, grape, cran-apple, etc. (no pulp), lemonade, and crystal light.
2. Shake until Miralax® is dissolved.
3. Drink one 8-ounce glass (1 cup) of the Miralax® prep **every 30-60 minutes** until gone. This will take approximately 4-8 hours to drink. It is necessary to drink all the prep to make sure your colon is clean.
4. If you become nauseated or feel full, stop drinking for at least 30 minutes. Then resume the Miralax® prep using smaller amounts (4-6 ounces) every 45-60 minutes.
5. The prep is designed to clean out your colon. It will usually cause you to have bowel movements within 2 to 6 hours. Your bowels are clean when your stools become watery and you can see through them. They may be tinted depending on what color of liquids you have been drinking.
6. Continue drinking clear liquids even after you have finished the Miralax®. Extra fluids will continue to clean out your colon and will keep you hydrated.
7. **Starting between 6p-8p** after having completed the Miralax®, drink HALF (approximately 225 ml) of the 450ml container of barium sulfate suspension that was picked up at one of the locations above. Discard the remainder of the barium.
8. You may continue to drink clear liquids after completing barium mixture. You may drink clear liquids up to 4 hours before CT appointment time. Extra fluids will continue to clean out your colon and will keep you hydrated.

Morning of the exam

- Do not drink anything 4 hours before you are to report for your exam.
 - Plan to be in Radiology for approximately 1 hour.
 - You may take your blood pressure, heart and seizure medications with sips of water.
 - Bring current list of medications.
1. When you arrive in the Radiology Department, you will be asked to undress for the scan.
 2. During the scan, an enema tip will be inserted into your rectum and air will be given to inflate the colon.
 3. After the colon is inflated properly, you will be placed in a donut shaped hole in the CT machine.
 4. A scan will be taken with you lying on your back & again with you on your stomach. Scan time is approximately 5-10 minutes for each scan taken.
 5. When your scan is complete, you will be taken to a nearby restroom to dress.
 6. After the exam is complete, activity can resume to normal as tolerated.

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