



ViaScan of Las Colinas Virtual Colonoscopy Information

What is a Virtual Colonoscopy?

Virtual Colonoscopy (VC), also referred to, as a CT colonography is a less-invasive, safe exam used for colon polyp screening. A computed tomography (CT) scan creates a 3-D picture of the inside of your colon, which allows the doctor to go through the interior of the colon without having to insert a colon scope. The main purpose of this exam is to screen for growths (polyps) in the lining of the large intestine (colon and rectum). Adults 50 years and over should have a screening for colon polyps.

In order for you to complete the examination, your colon must be cleaned of all fecal material. During the day of the procedure, you will need to take Tagitol and laxative pills to restrict your diet. The combination of the diet and laxative is called the “Patient Preparation Phase” or “The Prep”.

Detailed preparation instructions are on the following pages. The prep requires a clear liquid diet. Magnesium citrate and laxatives that will be used during “The Prep” are purchased on your own that can be bought over the counter at any pharmacy and our office will mail out the Tagitol to your home address. Tagitol, magnesium citrate, and laxative pills will be very important for your preparation.

If you have DIABETES:

Test your blood sugar more often the day before this test. Also check your blood sugar the morning of your test. If your blood sugar level is low (less than 70 mg/dl) or if you have symptoms, take some glucose tablets or drink 4 ounces of a clear liquid that contains sugar. Always recheck your blood sugar level to make sure it stays above 70. We may still be able to do the VC unless you need to eat solid food to keep your blood sugar at a normal level. If the blood sugar ever gets too high or too low you can't bring it back to normal, call your primary care or diabetes doctor.

If you take **PRESCRIPTION BLOOD THINNERS OR ANTI-PLATELET MEDICINES, do not stop taking them** unless your doctor tells you to stop them. Some examples include: Coumadin (warfarin), Plavix (clopidogrel), Effient (Prasugrel), Pradax (Dabigatran). VC can safely evaluate your colon without stopping these medications. If a polyp is found that should be removed, we recommend you to consult with you doctor who can set up the standard colonoscopy at a later date.



Virtual Colonoscopy Information

Getting ready for your VC exam

“The Prep”

The Day Before Your Exam (Prep Day)

Proper bowel cleaning is needed for the best exam! To get a clean and empty colon you will start to prepare the day before your exam. The laxatives will help clean out the bowel for the exam. The contrast will help you highlight any stool or fluid left in your colon on the VC pictures.

If you do not have a prep kit, please purchase the following:

- **1 ten oz bottle of magnesium citrate**
- **4 Bisacodyl (5mg) Tablets (laxative pills)**

Starting at midnight the entire day **before** the exam (prep day), you may drink as much clear liquids (see below) as you want unless you are under a fluid restriction by your doctor. 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.

Try to avoid foods that are digested slowly (corn, popcorn, potato skins, nuts, fruits with skin or seeds, uncooked or raw vegetables) because they may interfere with your prep. Avoid red or purple liquids (**i.e., red jell-o, purple sports drinks**). The clear liquids that can be consumed during the cleansing are:

- ✓ Gatorade, PowerAde (any sports drinks with electrolytes are recommended to help with hydration)
- ✓ Water, Green Tea, or coffee (**no cream or milk; sugar or honey is okay to add**)
- ✓ Vitamin water, 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
- ✓ Lemonade (**with no pulp**), ice tea
- ✓ Clear liquid protein drinks such as Ensure Clear, or Resource Breeze

Follow the Bowel Prep medicine schedule. If you are taking other medications, try to take them at least one hour before or at least one hour after taking the laxative (magnesium citrate). You may have as much clear liquids as you like between each step and up until midnight.

- **8AM:** Take 1 bottle of Tagitol. You may have a CLEAR LIQUID breakfast (**i.e., 1 cup of apple juice, 1 cup of coffee, dish of flavored gelatin**). Do not eat any solid food throughout

the day. You should take your regular medicines with water, unless otherwise instructed by your physician.

***Morning Snack: 1-cup apple juice, 1 Popsicle, 1 glass of water**

- **1PM – 3PM:** Take 1 bottle of Tagitol – Eat a clear liquid lunch (i.e., **1 cup of tea with honey, 1 cup of beef broth, 1 glass of water, 1 dish of flavored gelatin**). Be sure to drink at least 8 fluid oz. of clear liquids every hour.
- **4PM – 5PM:** Drink the bottle of magnesium citrate. If it is a packet, mix it with 8 oz. of water and let it fizzle out first before drinking. Drink an additional 8 fluid oz of clear liquids. The solution will cause you to have repeated loose stool (**diarrhea**), which is the expected result. It typically works within 30 minutes, but may take as long as 3 hours to have an effect. Do not exceed the recommended dosage as serious side effects may occur. Drink at least 8 fluid oz. of clear liquids the next hour.

***Afternoon snack: 1 Popsicle, 1 hard candy, and 1 glass of water**

- **6PM:** Have a clear liquid dinner (i.e., **1 of chicken broth, 1 glass of water, 1 cup of tea, 1 dish of flavored gelatin**). ****6:30PM-** Take all Bisacodyl (**5 mg**) tablets, unless otherwise directed by your doctor. Swallow tablets with a full glass of water. **Do not** chew or dissolve tablets. Tablets taken at bedtime are usually effective the next morning. During the remainder of the evening, you may drink clear liquids if desired, but do not eat solid food until after the procedure is completed the following day.
- **7PM – 9PM:** Take 1 bottle of Tagitol and drink 8 fl oz of clear liquids every hour.

***You may keep drinking clear liquids until midnight**

✓ **BOWEL PREP COMPLETE!**

The Day of Your Exam

Do not eat or drink anything after midnight on your exam day until after your exam. You may take your medications 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 ViaScan office to discuss if the exam can still be performed or if we may need to reschedule you for a later date.

If you have diabetes, test your blood glucose level more often when you can't eat as well as before your exam. If your blood glucose level is low (less than 70 mg/dl) or you have symptoms, please drink a clear liquid that contains sugar to take glucose tablets. Always recheck your blood sugar level to make sure it stays above 70. It's better to maintain your blood glucose than to have the exam.

During the VC Exam

The VC exam often takes 45 minutes to complete, but allow yourself at least 1-½ hours total to discuss the results after your exam. You will not be sedated or have an IV for this exam, the only

thing offered is 2 Advil liquid gels for the discomfort of the air in colon. You will be asked to change into a hospital gown and then taken to a CT exam room where you will lie on the CT exam table. A small (1/4 inch) tube will be gently placed a very short distance into your rectum. Air will be placed slowly into your colon. The exam should not be painful, just a possible feeling of some abdominal fullness, discomfort, or cramping during the exam. You may feel the urge to have a bowel movement. These feeling should go away as soon as the exam is over

After the Exam

You will be seated in the consultation room where you will meet with Dr. John Duncan and discuss your exam. You will be given a Coronary Heart Report with the scoring of your calcium and also some health recommendations. A radiology report will be sent to you via email or to your home address.

If you do not have colon polyps, you will be told to return to your normal diet and any medications you may have stopped. If you have colon polyps, we strongly suggest you to see your doctor for further care as needed. Our office will send over a full VC report to your primary physician. If you have not heard from your doctor about any other results within 2 weeks, we suggest you call his or her office to follow-up.

Contacts

For more information on the virtual colonoscopy exam and prep, please feel free to contact us either email or telephone

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