Virtual Colonoscopy (VC), also known as CT Colonoscopy a relatively new radiology tool that is being used to detect colorectal polyps and to perform colon screening. Virtual Colonoscopy is a non-invasive and comfortable procedure that uses one of our CT scanners to image your colon after it is filled with a moderate amount of carbon dioxide (CO₂). This procedure is helpful to locate and evaluate lesions in the colon. Early detection of colon lesions with proper follow-up and appropriate treatment dramatically increase the cure and survival rates in people with colorectal disease.

Please read all of the information regarding your bowel preparation.

<It is important that you strictly follow the instructions of the colon-cleansing regimen to ensure optimal imaging results.>

THE DAY BEFORE THE TEST: Date: ________________

One day Preparation using LOSO PREP™

Please pick up the preparation kit at your local drug store.

You may not eat solid food the day prior to the procedure and until the exam is completed the next day. Only “CLEAR LIQUIDS” are allowed. Examples are: water, juices with no pulp, sodas (pop), gelatin, popsicles, hard candy, broth, coffee and or tea without cream or milk. Please limit the amount of caffeine in your diet during the preparation.

You may experience bloating from the preparation. Walking will help, but stay near a restroom.

The night before the procedure no liquids or food after midnight.

Special precautions:

• Please take all routine prescribed medications during the preparation.

• If you take blood pressure or heart medication, prednisone, or other steroids, take them before 7 am the day of the procedure with a sip of water.

• Patients taking INSULIN may need to adjust the dose the day prior and the morning of the test. Please contact your physician for instructions regarding dosage.
Preparation Checklist:

☐ 2 days before Obtain Loso™ Prep Kit and Tagitol™ V Barium Sulfate Radiopaque Marker for Virtual Colonoscopy from BHC pharmacy at least 2 days before your scheduled procedure.

☐ All Day Before starting your preparation, make sure you are close to a restroom. Restrict diet to clear liquids only. “DRINK PLENTY OF FLUIDS THROUGHOUT THE DAY TO PREVENT DEHYDRATION”.

☐ Morning Clear liquids only and Tagitol™ V (Morning)

☐ Lunch Clear liquids only and Tagitol™ V (Lunch)

☐ 1 PM Drink one full 8 once glass of water

☐ 2 PM Drink one full 8 once glass of water

☐ 3 PM Drink one full 8 once glass of water

☐ 4 PM Drink one full 8 once glass of water

☐ 5 PM Drink one full 8 once glass of water

☐ Dinner Clear liquids only and Tagitol™ V (Dinner)

☐ 5:30 PM Slowly add the contents of the packet of Loso™ to 8 ounces of cold water in a large glass and stir gently. After fizzing stops, stir gently and drink entire contents of glass. This will usually produce a bowel movement in 30 minutes to 6 hours.

☐ 6 PM Drink one full 8 once glass of water

☐ 7 PM Drink one full 8 once glass of water

☐ 7:30 PM Swallow four (4) Bisacodyl® Tablets, with one 8oz. glass of water

☐ 8 PM Drink one full 8 once glass of water

☐ 9 PM Drink one full 8 once glass of water

THE DAY OF THE TEST:

• Do not drink or eat anything.

• Insert LoSo™ Prep suppository, Early AM as directed in LoSo™ Prep

• 30 minutes prior to your appointment please go to Out Patient Registration at Boone Hospital Center for check-in.

• Just prior to the CT Scan, attempt one more evacuation to empty your rectum

What happens next or during the procedure:

You will be requested to remove your clothing and put on a hospital gown. The CT technologist or radiology nurse will place you on the CT scanner table. You will roll to your side to have a small tube inserted into your rectum. This is needed to distend your colon and for the administration of CO₂. During the administration of the CO₂ you may
feel bloating and some discomfort. Please let the staff know if you are uncomfortable.

You will be scanned twice before your exam is complete. The initial scan will be on your back. The technologist will ask you to hold your breath for 20 to 30 seconds. For the second scan, the technologist will ask you to turn on your belly. Between the scans your colon may need to be distended by adding additional CO₂.

Then you are done! You will need to visit the restroom and change back into your clothes.

The results will be mailed to you and your physician within 2 days. Please contact the radiology department at 573-815-3221 if you or your physician don’t receive a report in a timely fashion.

**POST SELF-CARE INSTRUCTIONS:**
Resume normal diet, medication, and activity.

If your discomfort continues or any unusual symptoms arise after the exam, please contact the Department of Radiology at Boone Hospital Center for follow-up instructions or care. Call 573-815-8000 and ask the operator to beep the radiologist on call.