



IMPORTANT

Please call us at 1-866-611-2665 if you need to reschedule. Kindly provide 24 hours notice if you are unable to keep your appointment.

PLEASE NOTE

- Prior to your appointment, you will receive important instructions describing how to clean your bowel adequately for the CT colonoscopy. A bowel that is not completely clean may mean having to repeat the test. Any remaining stool could also hide serious conditions that may be present. Please read the instructions carefully.
- Please let us know if you have allergies, diabetes, heart or kidney disease, or are on a sodium-restricted diet. Call 403-301-4525 if you have questions.

VIRTUAL COLONOSCOPY INSTRUCTIONS

Individual responses to the laxatives may vary. You may wish to remain close to washroom facilities during the preparation phase and for several hours after the study.

Your kit should include the following:

- Two Bisacodyl tablets (5 mg): Bisacodyl is a stimulant laxative which increases the activity of the bowel.
- Two Magnesium Citrate (300 ml): Magnesium Citrate is another laxative that will induce bowel movements. The double dose improves the efficacy of fecal tagging for second half of the preparation instructions.
- Readi-Cat (450 ml): You will only drink 250 ml. Readi-Cat is a CT contrast agent that will adhere to any residual stool remaining after the laxative. The thicker Readi-Cat will mix and adhere best after Magnesium Citrate.
- Omnipaque (30 ml): Mix with 250 ml of clear fluid before drinking. Omnipaque is also a contrast agent, although much thinner than Readi-Cat. The thinner contrast is made to travel through the bowel quickly and will adhere to residual stool that is already mixed with Readi-Cat. Our computer software can then eliminate areas that are mixed with the contrast, differentiating between residual stool and a polyp.
- One Buscopan (10 mg): Buscopan slows the motility of the bowel, which will reduce bowel spasm during imaging. Spasm can mimic bowel disease during imaging.

BEFORE YOUR APPOINTMENT

- You will need to maintain a clear fluid diet for 24 hours prior to your exam. Strained juices without pulp, water, clear soups (fat-free), decaf coffee or tea (no milk or non-dairy creamer), pop, Kool Aid, popsicles, and plain Jello (no fruit pieces or toppings) are all permitted. We encourage you to have as much of these fluids as you like the day before your appointment.
- Take any required medications with water. If you are diabetic, please call 403-301-4525 for further directions.
- Avoid all caffeine products (e.g., coffee, tea, chocolate, Excedrin, decaf coffee, decaf tea) in the 24 hours before your test.
- 12 p.m. (noon): Take both Bisacodyl tablets (5 mg) by mouth, unless directed otherwise by your doctor. Swallow tablets whole with a full eight-ounce glass of water (do not chew or dissolve tablets). Do not take tablets within one hour after taking antacids and/or milk. Bisacodyl tablets may cause abdominal discomfort, faintness, rectal burning, or mild cramps.
- 3 p.m.: Take the two tablets of Magnesium Citrate (300 ml). It's best taken chilled and may be mixed with clear juice or ginger ale. Drink slowly over one hour to reduce the chance of it upsetting your stomach.
- 6 p.m.: Take 250 ml of the Readi-Cat. Please throw the rest away.
- 9 p.m.: Take the 30 ml of Omnipaque mixed into 250 ml of clear fluid.
- 12 a.m. (midnight): Do not drink from this point until your exam.

DAY OF YOUR APPOINTMENT

- If included in your kit, take one Buscopan tablet (10 mg) three hours before your exam. Swallow the tablet whole with a small amount of water (do not chew or dissolve the tablet).
- Take all prescribed medications as directed with a small amount of water. Do NOT eat or drink anything else.
- Please arrive 15 minutes before your appointment to allow enough time for adequate preparation.
- Bring photo identification and your provincial health card.
- Wear comfortable clothes.
- Please do not bring children who require supervision.

YOUR EXAM

DURATION: 20-30 minutes

A virtual colonoscopy is a minimally invasive computed tomography (CT) scan that produces two- and three-dimensional images of the large intestine (colon), rectum and small intestine. The procedure is used to diagnose colon and bowel disease, including polyps and masses, diverticulosis (pouches in the colon) and cancer.

WHAT HAPPENS DURING YOUR EXAM?

- You may be asked to change into scrubs.
- You will be asked to lie on your back on the bed of the CT scanner, which will then be adjusted for correct placement.
- A small tube will be inserted into your rectum to inflate your colon with CO2 until you feel full. (CO2 is more comfortable and more readily absorbed by the body than room air.)
- Your technologist will leave the room to begin your exam, but you will be in direct communication throughout your procedure.
- During the exam, you will be asked to turn from your back to your stomach.
- You will be asked to hold your breath (for 10-15 seconds) to help obtain specific images.
- Once we have the correct number of good-quality images, your technologist will help you off the bed and guide you back to your change room. You are then free to leave.

POST-EXAM INSTRUCTIONS

- Resume your normal diet and medications.
- You will be able to drive after the exam.
- Although most of the CO2 will be absorbed, some of it will be expelled naturally over the next few hours.
- If you have any questions or concerns following your exam, please do not hesitate to contact our office at 403-777-4674.

WHEN WILL I GET MY RESULTS?

We do our best to have our radiologists interpret the information and forward the results to your doctor in a timely manner.