



COLON HEALTH CENTER  
OF DELAWARE

Virtual • Convenient • Life-saving

## Integrated Virtual Colonoscopy™ Bowel Prep Instructions

A complete cleaning of the bowel is **the most important** preparation for an accurate and effective exam. The Colon Health Centers colon prep is designed for your Virtual Colonoscopy (VC) test, but it also works great for a scope colonoscopy, which you may need if polyps are found on your VC. While colon preps are never fun, we have made our prep as simple and effective as possible to ensure a high quality exam.

### Overview of the Week Prior to Exam

1 week before exam					2 days before exam	PREP DAY: The day before exam	Day of Exam
Stop Certain medications					Avoid high-residue foods	Start Clear liquid diet and perform cleansing prep	Nothing by mouth within 2 hrs of exam

### Details of the Prep

#### One Week before exam

Stop taking the following Medications:

**ASPIRIN** or related NSAIDs, for example bufferin, ecotrin, alleve, naprosyn, motrin, ibuprofen, sulindac. Tylenol or Acetaminophen are ok.

**PLAVIX** (only if your Cardiologist or Primary Physician approves)

**COUMADIN** (only if your Cardiologist or Primary Physician approves)

**IRON**-containing vitamins and medications.

**FIBER SUPPLEMENTS** such as Metamucil, Fibercon, Citrucel

**Note:** If your doctor does not allow you to temporarily stop Aspirin, Plavix, and/or Coumadin, you can still safely undergo the Virtual Colonoscopy. If, however, you are advised not to stop these medications, it is unlikely that it will be safe for you to have a regular colonoscopy on the same day if it necessary to remove polyps.

#### 2 days before exam

**Avoid high-residue foods:** Avoid all Fruits (fresh & dried), Vegetables, Seeds, Nuts, Cloves, Marmalade

#### 1 day before exam: Prep Day


Beginning with breakfast, you may only have clear liquids by mouth (see Clear Liquid list below). Drink as many clear liquids as you want. Drink only clear liquids for breakfast, lunch, dinner, and any between meal snacks. Do not eat any solid foods. Drink plenty of liquids to avoid dehydration and to make the laxative

work better. Please avoid red liquids (examples, red Jell-O® or cranberry juice). If you are under fluid restriction, please speak with your doctor to make certain that this prep is right for you.

**Clear Liquids:**

- Gatorade®, Powerade® (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok)
- Broth from a can
- 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
- Clear hard candy, gum
- Lemonade (with no pulp), iced tea
- Avoid all red liquids

**Overview of Prep Day**

Upon Awakening	2-4pm	5-7pm	8-10pm	2 hours before exam
Take <u>only</u> clear liquids by mouth. No solid food. 				
-Take only clear liquids by mouth. <u>No Solid Food.</u>	-Take 4 Dulcolax tabs -Drink 1 bottle of MagCitrates	-Take 4 Dulcolax tabs -Drink 1 bottle of MagCitrates -Drink Barium	-Drink Gastroview or Gastrografin	<b>Nothing by mouth!</b> (including clear liquids, candy, or gum)

**Detailed Instructions**

**Upon Awakening**

Begin taking Clear Liquids only by mouth for Breakfast, Lunch, Dinner, and Snacks (see above list). No solid food. Medications by mouth are ok.

[The following 3 steps can be started anytime between 2pm and 4pm. The earlier you can start, the better your sleep may be at night (fewer bathroom interruptions). Once you start, keep to 3 hr. intervals.]

**Step 1: 2-4 pm**

Take 4 dulcolax tablets with clear liquids  
 Drink 1 entire bottle of Magnesium Citrate (chilled or on ice with straw)  
 Follow with at least 8 oz. of clear liquids (more is better)

**Step 2: 5-7 pm**

Take 4 dulcolax tablets with clear liquids  
 Drink 1 entire bottle of Magnesium Citrate (chilled or on ice with straw)  
 Drink 1 bottle (250ml) of Barium (chilled or on ice with straw)  
 Follow with at least 8 oz. of clear liquids (more is better)

(Note: Barium may come in 250ml or 450ml bottle. If 450ml, use a little more than half of the bottle. If you mistakenly drink the whole 450ml bottle, there's no problem.)

**Step 3: 8-10pm**      **Note: Do not take Gastrografin/Gastroview if you have a true Iodine allergy.**

Drink entire chilled bottle of Gastrografin/Gastroview. Follow with at least 8 oz. of clear liquids (more is better). Continue to drink clear liquids as tolerated until bedtime and up to 2 hours before exam.

**2 hrs. before exam**

**Nothing by mouth** (including clear liquids, candy, and gum) until directed otherwise. You may take critical medications (high blood pressure, etc.) with clear liquids up to 2 hours before test. See note for diabetics below.

**\*\*\*Important Note\*\*\***

The Integrated VC exam is only as good as the colon prep. A good sign that the prep has been effective is the transition to clear, watery bowel movements. If, two (2) hours prior to your scheduled VC, your bowel movements are not clear or light clay colored (that is, if they are still solid or mostly brown), please call us for further instructions at:

**After 7am: 302-995-COLO (2656), or**  
**Before 7am: 302-225-2380 (ask for the GI physician on call)**

**\*\*Helpful tips:**

- Many have found that drinking the prep through a straw and chilling the bottles improves tolerance.
- Use baby wipes instead of toilet paper. Have some Vaseline or Desitin handy in case of a sore bottom!
- This prep often starts working within 30 minutes but may take as long as three (3) hours. Remain close to toilet facilities as multiple bowel movements may occur.
- The exact times of the cleansing prep are not important. You may vary it +/- 2 hr. for your convenience. Just keep the 3 hr. spacing and you will be fine. You may sleep better the earlier you start.
- You may take oral medications with water during the prep and up to 2 hours before test.

**\*\*Diabetic patients:**

- **Important:** Please contact your doctor to be sure this prep is appropriate for you.
- Hold your diabetic medication the morning of the test.
- Use sugar free drinks for liquids (like crystal light) during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar).

**Important Transportation Note:**

Patients may drive themselves to the VC test, and most will be able to drive themselves home or to work after receiving a "clean colon" bill of health on their VC. A minority of patients will require same-day colonoscopy (with anesthesia) to remove polyps. These patients will not be able to drive themselves home, or for the rest of the day. Any patient who wants the opportunity to undergo same-day colonoscopy if polyps are found on VC, must identify an individual who can be "on call" to drive them home after the test. No colonoscopy will be performed unless this ride is specifically identified. Fortunately, the majority of patients will never need to call on this ride.

**Don't Worry. This prep is not as bad as many people think. And remember, it could Save Your Life!**

**Colon Health Center of Delaware  
Mid-Atlantic GI Consultants**