

Providence Hood River Memorial Hospital  
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## CT COLONOSCOPY INSTRUCTIONS

Patient Name: \_\_\_\_\_ Exam: \_\_\_\_\_

Date / Time of Exam: \_\_\_\_\_ Date to Begin Prep (1 day prior to exam): \_\_\_\_\_

Your physician has requested a CT Colonoscopy of the colon (large intestine). This prep is for adults and children 12 years of age and older.

If you have kidney disease, cramping abdominal pain, considerable diarrhea or intestinal bleeding or inflammatory bowel disease, consult your primary physician before proceeding with these instructions.

Ask your doctor before use:

- If there has been any sudden change in bowel habits persisting over two weeks.
- Prior to giving to children less than 12 years of age.

### **CONTINUE TO TAKE MEDICATION, AS PRESCRIBED BY YOUR PHYSICIAN.**

It is important that you follow and complete all directions carefully. Take only the medications, foods and fluids in the amounts specified and at the times shown, unless otherwise instructed by your doctor. Following these instructions will provide the best results and avoid having to repeat the procedure. **Individual responses to laxatives vary so remain close to toilet facilities once you have started the bowel cleansing procedure.**

**NOTE: A high fluid intake is required for this preparation. Drink at least one full 8 fl oz glass of water at each of the times specified. DO NOT USE MILK, CREAM OR NON-DAIRY CREAMER.**

Please mark each box as you complete each step and bring this paper with you when reporting for your procedure.

### **TWO DAYS BEFORE PROCEDURE:**

It is recommended that you start a low residue diet. It is recommended that you start with Lunch.

**LUNCH (See specific menu items listed below)**

Soup  
Fish/white meat chicken  
White rice  
Bread/crackers  
Dessert/fruit  
Beverages

**DINNER (See specific menu items listed below)**

Soup  
Fish/white meat chicken  
White rice  
Bread/crackers  
Dessert/fruit  
Beverages

## DAY BEFORE PROCEDURE:

- Breakfast:** One bottle of Tagitol ® 20 ml  
Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red (do not add extra ingredients); black coffee, plain tea or carbonated beverages.
- Noon:** One bottle of Tagitol ® 20 ml  
Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red (do not add extra ingredients); black coffee, plain tea or carbonated beverages.
- 1:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 2:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 3:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 4:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 5:00 P.M.:** One bottle of Tagitol ® 20 ml  
Clear soup (any broth); strained fruit juices without pulp; flavored gelatin that is not red (do not add extra ingredients); black coffee, plain tea or carbonated beverages.
- 5:30 P.M.:** Drink 18.0 g of magnesium citrate liquid (1 bottle). **THIS IS A LAXATIVE. YOU WILL NEED TO BE NEAR A RESTROOM ONCE IT BEGINS TO WORK.** This product generally produces a bowel movement within 30 minutes to 6 hours.
- 6:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 7:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 7:30 P.M.:** Take all four (4) Bisacodyl with one (1) full 8 oz glass water. **DO NOT CHEW TABLETS.** The tablets are to be taken two hours after drinking the Magnesium Citrate liquid. Bisacodyl tablets generally produce bowel movement in 6 to 12 hours.
- 8:00 P.M.:** Drink one (1) full 8 fl oz glass of water.
- 9:00 P.M.:** Drink one (1) full 8 fl oz glass of water. Do not eat after 9:00 P.M.

## DAY OF PROCEDURE:

- Drink 8 ounces clear liquids in the morning but **DO NOT EAT.**
- At least one hour before leaving for your procedure, insert Bisacodyl Suppository into your rectum (see instructions below). Wait at least 15 minutes before evacuating.
  - Unwrap the suppository.
  - Lie on left side, with right thigh raised.
  - Insert suppository into the rectum, pointed end first, as far as possible.
  - Close thighs to aid in retaining suppository.
  - Retain suppository for at least 15-20 minutes, is possible. A bowel evacuation usually occurs within 15 minutes to one hour.
  - If you need assistance, be sure that a bedpan, diaper, commode, or help to the bathroom is available. You may not have any results from the suppository if the oral laxatives worked well.

## AFTER YOUR PROCEDURE:

Continue drinking plenty of fluid and resume a normal diet, unless your physician has instructed otherwise.

If you are troubled by constipation, a mild laxative (Bisacodyl tablets) can be used as directed on box to remove barium from colon as needed. Stool may be discolored (white or grayish) for several days until barium is cleared.

**Thank you for allowing us to care for you.**

**Prescription medication required prior to exam: (Must be ordered by your physician)**

3- Bottles of 20mL Tagitol V-Barium Sulfate Suspension

**Over the counter supplies needed for the bowel preparation:**

1 – Bottle 18.0 g Magnesium Citrate Liquid

4 – Tablets (Laxative) Bisacodyl USP 5 mg (enteric coated)

1 – Suppository - Bisacodyl USP 10 mg

**LOW RESIDUE DIET**

	<b><u>Allowed</u></b>	<b><u>Avoid</u></b>
Dairy	milk, plain yogurt Limit to 2 cups Use low-fat products	Yogurt with fruit skins or seeds strongly flavored cheeses
Meats:	Plainly prepared: Fish, poultry, eggs	Added fats, gravies, fried sauces heavy seasonings
Potato/Substitute:	White rice, spaghetti Noodles/macaroni Potato without skin	Potato with skin, brown rice
Bread/Cereal:	White (refined) breads Saltine crackers	Whole grain (Graham, bran, cornmeal) breads, corn crackers, cereal, popcorn
Fruit/Fruit juices	Clear fruit juices, canned fruit (no seeds, skins or membranes)	Fresh fruits, raisins, dried fruits, prunes, prune juice. Avoid fruit that is red in color as this can mimic blood.
Beverages:	Water, fruit flavored drinks, Decaffeinated coffee (limited), tea Carbonated drinks	All others
Soup:	Bouillon/broth, strained soups. Soups made with allowed vegetables and meats.	All others
Dessert:	Gelatin, fruit ice, popsicle No Red Color	Coconut, nuts, seeds, hard clear candy
Miscellaneous:	Salt, pepper, jelly, sugar, honey, syrup	Cloves, garlic, seed spices, chili sauce, BBQ Sauce, strongly flavored spice or sauce, mustard, jam, peanut butter, mayonnaise marmalade.