

Patient Name: _____ DOB: _____
Appointment Date: _____ Appointment Time: _____
Check in Time: _____



Instructions to Prepare for the Virtual Colonoscopy Exam

Excellent bowel cleaning is required for an excellent diagnostic exam. For a clean and empty colon, you will begin your prep two days before your exam. A clear liquid diet and the bowel prep kit will cleanse the colon prior to the exam. The bowel prep kit contains laxatives and contrast medicines. The laxatives will cleanse the bowel and the contrast will highlight any remaining fecal material on the images. Follow the 48 hour prep instructions below unless otherwise instructed by your prescribing physician.

2 Days Before Your Exam –

You may follow your regular diet on this day. Refrigerate liquids if desired.

Lunch (around noon)

____ 1. Drink 225 mL (one half bottle) of 2.1% Barium

Immediately after dinner (around 6pm)

____ 2. Drink 60 mL (2 bottles) of Gastrografin but have a clear liquid ready to chase the Gastrografin because it has a rather unpleasant taste. You can also drink it mixed in 8 ounces of clear juice or a carbonated drink.

The Day Before Your Exam-

Starting at breakfast time, you should have clear liquids only for breakfast, lunch, dinner and snacks. Do not consume any products with red coloring. Do not eat any solid foods. Drink plenty of fluid to avoid dehydration.

Examples of clear liquids:

- Water, Tea, Coffee (no cream or milk),
- Carbonated drinks: Sprite or 7-Up, Dr. Pepper, Mountain Dew, Pepsi or Coke
- Jell-O, Popsicles (no fruit or cream added,) Red is ok
- Clear soups such as Bouillon or consommé
- Clear fruit juices or drinks: grape or filtered apple juice
- Clear hard candy

BREAKFAST (around 8:00 am)

____ 1. Clear liquid Breakfast

LUNCH (around Noon)

____ 2. Clear liquid lunch

3:00 pm

____ 3. Mix the entire 238g bottle of Miralax (or Glycolax) in a 64-ounce of water, Gatorade or Crystal-Lite. Avoid red beverages. Shake well. Refrigerate.

4:00 pm

____ 4. Start drinking the Miralax mix. Drink ALL 64 ounces of the mix during the next two hours until finished. If it is too thick, you may add additional water.

DINNER (around 6 pm)

____ 5. Drink remaining 225ml of 2.1% Barium

8:00 pm

____ 6. Take 2 Bisacodyl 5mg tablets with 8oz of water. You should continue to consume clear liquids from 8-10PM, at least one 8oz glass per hour or more. The more you drink, the better.

BEDTIME (around 9 pm)

____ 7. Drink remaining 60ml of Gastrografin but have a clear liquid ready to chase the Gastrografin due to its rather unpleasant taste. You can also mix it in 8oz of clear juice, or clear, carbonated drink.

DRINK ONLY WATER UNTIL MIDNIGHT. DO NOT DRINK OR EAT ANYTHING AFTER MIDNIGHT.
If needed, medications can be taken with sips of water.

The Day of Your Exam –

- Do not eat or drink anything after midnight. However, you may take your regular medications as directed with a small sip of water.
- If you have Diabetes, take your morning blood glucose test as usual. Please remember to take only half of your normal Insulin dose. If your blood glucose level is low and you have symptoms, please drink a clear liquid with sugar. We can still do the exam unless you need to eat solid food to maintain your blood glucose. It is more important to maintain your blood glucose than to have the exam. We can always reschedule your Virtual Colonoscopy.
- If you have been unable to have a bowel movement or have been unable to complete the preparation kit, please call us and we can reschedule the exam. 336-433-5000