



CAMPBELLFORD MEMORIAL HOSPITAL

CT Preparations Diagnostic Imaging Department

Patient Preparation Instructions

Colonography

Description

CT colonography is a type of x-ray examination that evaluates the large bowel. If you have kidney, liver or heart disease please check with your doctor prior to completing the following instructions to see if the laxatives will be safe for you to use. You will be exposed to radiation for the test. If you are pregnant or could possibly be pregnant, the test should be postponed.

Before the Procedure

A clean bowel is essential for a good examination. Therefore, careful preparation is important.

- One week before your test obtain the following supplies from your pharmacy:
 - pico-salax laxative – 1 box containing 2 packets
 - one bottle of Readi – cat 450 ml (pick up that the Diagnostic Imaging Dept desk at CMH)

Two days before the CT Colonography

- drink the bottle of Readi – cat – sipping slowly throughout the day

The day before the CT Colonography

- take **PICO –SALAX as directed, 1st dose at 9am and 2nd dose at 1pm**
- take clear fluids only **all day** (chicken/beef broth, clear tea, Jell-O, clear juices, ginger ale water, popsicles, Gatorade or any similar “sport drink “ is a good fluid to drink as it helps replenish electrolytes)
- ensure you drink significant amounts of water and these clear fluids to avoid dehydration

Do not take any solid food

The day of the CT Colonoscopy

- Continue to drink clear fluids until your test is done. You may take your regular medications. Please bring a list of your medications and allergies

During the Procedure

Air will be pumped into the rectum through a tube, and a CT scan of the abdomen and pelvis will be performed. You will feel full, but it will be important for you to retain the air during the exam. The CT scan itself takes 15 minutes.

After the procedure

Your abdomen will be distended with gas. Just pass it normally. Most of the air will be absorbed by your body. You may want to make arrangements to have a driver accompany you the day of your test. You will be asked to stay until the radiologist has done an initial check of your pictures. You may resume your regular diet unless otherwise instructed.

Oral Preparation

Oral preparations are given to the patient 1.5 hours prior to their appointment time. This is done in the CT dept. The patient must eat nothing solid 8 hours prior to the CT. Clear fluids are still okay. Then, nothing to eat or drink 2 hours prior to the CT.