

PREP INSTRUCTIONS FOR CT VIRTUAL COLONOGRAPHY AT

PREMIER DIAGNOSTIC IMAGING

Thorough cleansing of your colon is essential for a successful procedure. Please follow instructions below for optimal results. Please call us at Premier with any questions at (931) 528-1800 and ask for someone in the CT department.

1. Clear liquid diet 24 hours prior to exam. **NO SOLID FOOD.**

You may have any of the following throughout the day:

Clear broth soup (beef, vegetable, or chicken)

Fruit or vegetable juices (without pulp)

Black coffee or tea (no milk or creamer)

Gatorade, PowerAde, Propel, or Pedialyte

Popsicles (none with ice cream or chocolate)

Flavored Jello, Kool-Aid, Water

2. You may continue your medications as normal.

3. Clear liquid breakfast (between 6-8 am) with **1st bottle of Tagitol**

4. Clear liquid lunch (between 10am-noon) with **2nd and 3rd bottles of Tagitol**

5. One hour after lunch... Take 4 Dulcolax tablets with 32 oz Gatorade, PowerAde, Propel, or Pedialyte.

6. One hour after Dulcolax tablets ...Mix entire bottle (238 gram) Miralax with 64 oz of Gatorade, PowerAde, Propel, or Pedialyte. Shake solution until Miralax is dissolved. Drink 8 oz every 15 minutes until entire solution is gone.

7. Drink an additional 32 oz of any clear liquid without Miralax over the next 1-2 hours.

8. Throughout the day, drink at least 5 glasses of fluid such as Gatorade, PowerAde, Propel, or Pedialyte to help replenish electrolytes lost with each bowel movement.

9. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**