

You are scheduled to have a CT SCAN called a **VIRTUAL COLONOSCOPY** on the following date and time. Virtual Colonoscopy (VC) is a less-invasive exam used for colon polyp screening. A CT scan creates a 3-D picture of the inside of your colon which allows the doctor to “fly” through the interior of the colon without having to insert a camera. The purpose of this exam is to screen for growths in the colon. Adults ages 50 years and over should have screening for colon polyps.

If you have a question about why you have been scheduled for this exam, please contact your provider.

**PLEASE READ THIS LETTER CAREFULLY AND BRING IT WITH YOU FOR YOUR EXAM.  
IT CONTAINS IMPORTANT INFORMATION.**

- **If you are DIABETIC** please call the 804.675-5235 and notify the Department of Radiology that you need the instructions for a DIABETIC patient as they are different from these instructions.
- **If you had to DRINK BARIUM or x-ray contrast** in the past week, please call 804.675.5235 as you may need to reschedule this exam.
- **If you WEIGH OVER 660 POUNDS**, please call 804.675.5235.

**RESCHEDULING/CANCELLATIONS:** If you are not able to keep this appointment, you must call 804.675.5237. Cancellation may lead to delay in your diagnosis/treatment.

**QUESTIONS:** We are available to answer any question regarding your exam at 804.675.5235. Your test results will be sent to your provider.

**SUPPLIES:**

1. **Tagitol V (3 bottles)** included with this letter from Radiology.
2. **Two quarts of Gatorade** (sugar free Gatorade for Diabetics). **NO RED GATORADE.**
3. **Bisacodyl/Dulcolax** (5 tablets)
4. **Polyethylene Glycol 3350/Miralax** (255 gm bottle).
5. **Sorbitol** (120 mL 70% solution)

Either you have already picked these up from the pharmacy window or VAMC Richmond Pharmacy has mailed them to you.

**If you have not received them please call the Pharmacy at 1.866.400.1423**

**IF YOU FORGET OR DO NOT TAKE** the following bowel cleansing prep **DO NOT ARRIVE FOR THE TEST.** Call and reschedule the exam, we cannot perform the exam without the prep!

**VIRTUAL COLONOSCOPY PREPARATION INSTRUCTIONS**

**THREE DAYS BEFORE THE PROCEDURE:**

- Avoid foods that are digested slowly (corn, popcorn, potato skins, nuts, fruits with skins and seeds, vegetables-except those that are well-cooked or pureed) because they may interfere with your prep.

**TWO DAYS BEFORE THE PROCEDURE:**

- 1 hour **AFTER BREAKFAST**, drink 30 mL Sorbitol (2 Tablespoons).
- 1 hour **AFTER DINNER**, drink 30 mL Sorbitol (2 Tablespoons).
- Drink at least 8 full glasses of water or clear liquids during the day.

## **VIRTUAL COLONOSCOPY PREPARATION INSTRUCTIONS (CONTINUED)**

### **DAY BEFORE THE PROCEDURE:**

- At 7:00 AM: Wake up. Do not eat solid foods or drink milk products until after exam. Drink a lot of clear liquids like water, Gatorade, applejuice, white grape juice, broth, JELL-O, soda, tea, black coffee, & popsicles. NO RED LIQUIDS. Drink fluids that have sugar and diet drinks.

CONTINUE DRINKING CLEAR LIQUIDS WITH SUGAR OR DIET DRINKS FOR THE ENTIRE DAY UNTIL MIDNIGHT. Take routine medications with sips of water at least 1 hour before or after the laxatives (Sorbitol/Magnesium Citrate). Drink at least 8 glasses of clear liquid during the day unless under fluid restriction by your doctor.

- 1 hour **BEFORE BREAKFAST**, drink 30 mL Sorbitol (2 Tablespoons).
- At **8:00 AM** on the day before the exam, take 1st bottle of Tagitol V Solution.
- At **12:00 NOON** on the day before the exam, take 2nd bottle of Tagitol V Solution.
- At **1:00 PM** on the day before the exam, take 4 tablets of Bisacodyl/Dulcolax. DO NOT break or crush these tablets before taking them.
- At **2:00 PM** Mix the entire bottle of Miralax (255 gm) powder with 2 quarts of Gatorade in a large container. After 30 min begin drinking the Miralax/Gatorade mixture, drink 8 ounce glasses every 30 min until the entire container is gone.

**If you become nauseated**, stop for 30 minutes and then resume drinking. You have until midnight to complete the solution. Expect to use the bathroom at least 10-15 times. Later stool should be clear, lemonade-like, not sludgy or brown. Expect some cramps.

- 1 hour **BEFORE DINNER**, DRINK 30 mL Sorbitol (2 Tablespoons).
- At **6:00 PM** on the day before the exam, take 3rd bottle of Tagitol V Solution.
- At **12:00 PM/Midnight** the night before the exam: After midnight, DO NOT EAT, DRINK, SMOKE, or CHEW.

### **DAY OF THE PROCEDURE:**

- **DO NOT EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR EXAM.**
- Take all of your other routine medications (except Diabetic meds & Insulin) with small sips of water.
- Bring an extra pair of underwear.

ARRIVE at the Radiology department 30 min before the exam time. Once you are checked in, we will perform an xray to look for residual stool. **If too much residual stool is seen in your colon you will either be rescheduled or be given additional bowel cleansing prep and may not have your procedure until the afternoon.** Please be aware approximately 50% of our patients have to wait until the afternoon due to too much residual stool.

We appreciate having this opportunity to serve you!

Department of Radiology  
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