



# VIRTUAL COLONOSCOPY PREPARATION

## Patient Instructions and Information

### Brigham and Women's Hospital

**Patients must be able to hold their breath for 30 seconds and lie on their stomach in order to have exam. During the test a small rectal tube is inserted and air is instilled. Patient may experience mild cramping. A CAT scan in both the prone and supine position will be done. You will be in the room for approximately 30 minutes.**

Bring your BWH blue hospital card with you to Cat Scan on Floor L1.

If you do not have a card, you can register beforehand by telephone at (617) 732-9669 and choose option 4 or go to Ambulatory Registration at 45 Francis Street before your procedure.

### THERE ARE TWO DIFFERENT PREP OPTIONS.

You must choose one or the other:

**Prep 1:** Liquid diet and bowel cleansing

**Prep 2:** Structured Solid Diet and bowel cleansing

#### **PREP 1:**

#### **AT LEAST TWO DAYS PRIOR TO EXAMINATION:**

Please read all instructions carefully. Obtain two (2) 1-½ fl. Oz. bottles of Fleet Phosphosoda (Ginger-Lemon unflavored) at any pharmacy-available over the counter without a prescription. (Cost approximately \$3.00 each; \$6.00 total cost.)

#### **ONE DAY BEFORE THE EXAM:**

**Morning:** You may have a **CLEAR** liquid breakfast. Clear liquids consist of water, tea, coffee (no Dairy products), strained fruit juice, broth, Jell-O or Popsicle. **Do not eat any solid food throughout the day.** Try to consume 8oz of clear liquids hourly.

**Between 11 AM and 1 PM** have a clear liquid lunch.

**Between 2 PM and 5 PM,** drink the first bottle of Fleet Phospho-soda (1-½ fl. oz) mixed in a half glass (4oz) of water. Drinking 3-4 glasses of PLAIN water should follow this. Keep drinking clear liquids hourly.

**Five hours after drinking the first Fleet Phospho-soda (i.e. between 7 PM-10 PM) drink the second bottle mixed with 4oz of water.** The solution will cause you to have repeated loose stool (diarrhea), which is the expected result. It typically works within 30 minutes, but may take as long as 3 hours to have an effect. During the remainder of the evening, you may drink clear liquids if desired, but do not eat solid food until after the procedure is completed the following day. **(Do not exceed the recommended Fleet Phospho-soda dosage as serious side effects may occur.)**

#### **THE MORNING OF THE EXAMINATION:**

You should take your regular medications with water, unless otherwise instructed by your Physician.

If you have an afternoon procedure, you may have clear liquids until 10 am. If you are diabetic, take ½ of your usual dose of insulin on the morning of the procedure unless otherwise instructed. If you have any other questions regarding your medications, please call your primary care physician.

## **PREP 2:**

### **AT LEAST 10 DAYS PRIOR TO THE PROCEDURE:**

If you choose to eat in lieu of a clear liquid diet you can call **1-866-55-NUTRA** (Monday-Friday, 9 am to 6pm Eastern Time) and order NutraPrep meal kit (**\$25.00 plus shipping**). The meal kit will be shipped directly to your home when you place an order with a major Credit card. It is best to order 6 business days prior to your exam to avoid extra shipping charges.

This kit includes:

**Breakfast**-Vanilla Nutritional Shake

**Lunch**-Vanilla Nutritional Shake, Lemon Drink and Chicken Noodle Soup

**Dinner**- 5:00 PM-Vanilla Nutritional Shake, Lemon Drink and Stroganoff

**Between Meal Snacks**-Potato Poppers, Two Chocolate Flavored Energy Bars, and Cinnamon applesauce.

**\*\* ONLY THE FOOD IN THIS KIT CAN BE EATEN AS DIRECTED THE DAY BEFORE YOUR VIRTUAL COLONOSCOPY STUDY!**

### **AT LEAST TWO DAYS PRIOR TO EXAMINATION:**

Please read all instructions carefully. Obtain two (2) 1-½ fl. Oz. bottles of Fleet Phospho-soda (Ginger-Lemon unflavored) at any pharmacy-available over the counter without a prescription. (Cost approx. \$3.00 each, \$6.00 total cost.)

### **ONE DAY BEFORE THE EXAM:**

**Morning:** Eat the Nutra-prep Breakfast

**Lunch:** Eat the Nutra-prep Lunch

**You may eat the snacks any time before 6pm**

**Between 2 PM and 5 PM**, drink the first bottle of Fleet Phospho-soda (1-½ fl. oz) mixed in a half glass (4oz) of water. Drinking 3-4 glasses of PLAIN water should follow this.

**At 5PM:** Eat the Nutraprep Dinner

**Five hours after drinking the first Fleet Phospho-soda (i.e. between 7 PM-10 PM) drink the second bottle mixed with 4oz of water.** The solution will cause you to have repeated loose stool (diarrhea), which is the expected result. It typically works within 30 minutes, but may take as long as 3 hours to have an effect. During the remainder of the evening, you may drink clear liquids if desired, but do not eat solid food until after the procedure is completed the following day. **(Do not exceed the recommended Fleet Phospho-soda dosage as serious side effects may occur.)**

### **THE MORNING OF THE EXAMINATION:**

You should take your regular medications with water, unless otherwise instructed by your Physician. If you have an afternoon procedure, you may have clear liquids until 10 am.

**If you are diabetic, take ½ of your usual dose of insulin on the morning of the procedure unless otherwise instructed.** If you have any other questions regarding your medications, please call your primary care physician.

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**YOUR CONFIRMATION NUMBER IS:** \_\_\_\_\_

**APPOINTMENT DATE:** \_\_\_\_\_ **CT SCAN TIME:** \_\_\_\_\_

**NOTE: PLEASE ARRIVE (30 MINUTES PRIOR) TO YOUR SCAN TIME**

**LOCATION OF EXAM: BWH, CAT SCAN DEPARTMENT, FLOOR LEVEL L1**

If you need to reschedule please call the CT Department in Radiology at (617) 732-7631.