

Prep Instructions for a CT Virtual Colonoscopy **after a failed Colonoscopy**

Stay on a clear liquid diet following your Colonoscopy

At 7PM: drink 250 mL of Barium Sulfate (Readi-Cat). You may keep drinking clear liquids as desired.

At 9PM: (Choose one option)

- **Option A:** Drink 2 bottles (60 mL) of diatrizoate (Gastrografin) undiluted. You may find it tastes better if you quickly drink it and then follow it with 1 glass (8 ounces) of clear juice, soda, or water. This will dilute the medicine in your stomach.
- **Option B:** Mix 2 bottles (60 mL) of diatrizoate (Gastrografin) in 1 glass (8 ounces) of clear juice, soda, or water. If you dilute the medicine, you must be able to drink the entire amount.

You may keep drinking clear liquids until midnight.

The day of your exam:

Do not eat or drink anything after midnight on your exam day until you are advised to after your exam. You may take your daily medicines as prescribed with small sips of water. If you have diabetes, test your blood glucose level more often when you can't eat as well as before your exam. You should adjust your insulin or oral diabetes pills as discussed with your doctor. Resume your normal schedule after you receive the exam result phone call and are eating again. If your blood glucose level is low (less than 70 mg/dl) or you have symptoms, please drink a clear liquid that contains sugar or take glucose tablets. Always recheck your blood sugar level to make sure it stays above 70. We can still do the exam unless you need to eat solid food to maintain your blood glucose. It is better to maintain your blood glucose than to have the exam. We can always schedule your VC in the future.

After the Exam:

You can resume your normal diet and any medications you may have stopped after the completions of your VC exam. If you are taking Coumadin (warfin) or Plavix (clopidogrel), you may resume your normal diet right after the exam.

Contacts:

Scheduling: 307-232-5012

Nurse: 307-232-5043

If you have an urgent concern after normal business hours, please contact your primary care doctors on call service.

If you are in need of immediate help, call 911 or go to the nearest Emergency Room.

If you need to reschedule for any reason, please call 307-232-5012.