

## **Preparation for CT Colonography (Virtual Colonoscopy) Pico-Salax or Picodan**

**CT Colonography** is a radiology tool that is used for colorectal polyp detection and colon cancer screening. Please read all of the instructions on the day that you receive them.

**Warning: Please read this handout before starting your bowel preparation.**

The accuracy of your examination is mostly dependent upon the quality of your bowel preparation. Therefore, to ensure the highest quality examination, it is very important that you strictly follow the directions below.

- This preparation is only intended for individuals who **DO NOT** have kidney disease, renal failure or heart problems such as congestive heart failure and are not on a salt restricted diet. If you are unsure of your medical condition, please consult with your doctor.
- If you are pregnant, or think that you might be, do not start this bowel preparation. Contact the CT booking department at 613-746-4621 ext. 4627 to secure appropriate instructions.

### **A. Items required:**

You will need to purchase the following items from a pharmacy at least 10 days prior to your exam. Please refer to **Appendix A** at the back of these instructions for a list of pharmacies that usually carry these products.

1. Pico-Salax or Picodan (Laxative)
2. Bisacodyl tablets (Laxative)
3. EZEM Readi-Cat (Barium Smoothie)
4. Any sports drink available at your local grocery store (at least 2 liters)

### **B. Helpful hints for your bowel preparation**

- Drink your Pico-Salax or Picodan chilled (refrigerator temperature), to make it more palatable. Drinking through a straw or numbing your mouth with an ice cube or popsicle may also help.
- The effects of your laxative (Pico-Salax or Picodan) will usually be noticeable approximately one hour after consumption. Stay close to a bathroom. You may experience some abdominal bloating and distention before your bowels start to move. If you have severe distention or discomfort, stop drinking temporarily or drink each portion at longer intervals until the symptoms disappear.

- Sucking on hard candy or chewing gum may help remove the taste from your mouth.
- You may take dimenhydrinate (Gravol, 25-50 mg) for nausea, as directed, or acetaminophen (Tylenol) for headaches.
- To minimize perianal irritation, you may apply a barrier ointment such as zinc ointment, diaper rash ointment or petroleum jelly (Vaseline).
- You may take your morning medication with a small sip of water within two hours of your procedure (except oral hypoglycemic or insulin if you are diabetic), but avoid taking them at the same time as your laxative.

### C. Items that you may consider purchasing

1. Popsicles or frozen treats
2. Hard candy or chewing gum
3. Gravol (25-50 mg) for nausea
4. Tylenol for headaches
5. Zinc ointment, diaper rash ointment or petroleum jelly (Vaseline).

## The preparation steps

### 1. *Three days before the exam*

**DO NOT** eat any foods containing seeds or grains such as kiwi, berries, grapes, tomatoes, cucumbers, watermelon, whole grain or multigrain breads, flaxseed, etc. Start a low-fiber/low-residue diet (see the list below).

	<b>Recommended</b>	<b>Avoid</b>
<b>Dairy</b>	Any dairy product but limited to 2 cups	
<b>Vegetables</b>	Cooked preferable over raw Vegetable juice without pulp	Vegetables with seeds (cucumbers, tomatoes, etc.) and hulls (corn)
<b>Fruit</b>	Clear juice without pulp	Berries, fruit with seeds (kiwi, grapes, watermelon, etc.)
<b>Breads/grains</b>	White bread, pasta, white rice, potatoes (without skin)	Whole wheat/grains, brown rice, bran, oatmeal, poppy seed or food containing nuts
<b>Meat/protein</b>	Red meat, seafood, chicken, eggs	Chunky peanut butter, nuts, seeds, dried beans/peas
<b>Sweets/desserts</b>		Foods containing nuts or coconut
<b>Miscellaneous</b>		Popcorn, relish, horseradish, pickles

### 2. *The day before the exam*

**DO NOT** eat any solid foods; drink only clear liquids (see below).

Follow directions as described below:

Breakfast (approx. 8:00 a.m.)	<ul style="list-style-type: none"> <li>• Drink clear fluids (in abundant quantity).</li> <li>• Take two bisacodyl tablets.</li> </ul>
Morning (from 8:00 a.m. to 12:00 p.m.)	<ul style="list-style-type: none"> <li>• Drink one cup (250 mL) of clear fluids every hour. (If you forget a drink, take it as soon as remembered and remain on schedule.)</li> </ul>
Lunch (12:00 p.m.)	<ul style="list-style-type: none"> <li>• Drink clear fluids (as much as desired).</li> <li>• Take one sachet of Pico-Salax/Picodan as directed.</li> </ul>
Afternoon (1:00 p.m. to 5:00 p.m.)	<ul style="list-style-type: none"> <li>• Drink one cup (250 mL) of clear fluids every hour.</li> </ul>
Dinner (5:00 p.m. to 6:00 p.m.)	<ul style="list-style-type: none"> <li>• Drink clear fluids (as much as desired).</li> <li>• Consume the entire barium smoothie (EZEM Readi-Cat).</li> <li>• Take two bisacodyl tablets.</li> </ul>
Evening (6:00 p.m. to 8:00 p.m.)	<ul style="list-style-type: none"> <li>• Drink at least one cup (250 mL) clear fluids every hour.</li> <li>• At 8:00 p.m., take the second sachet of Pico-Salax/Picodan as directed.</li> </ul>

**Special instructions for diabetic patients:**

- If you have diabetes, an oral hypoglycemic medication can be safely continued (such as metformin – trade name Glucophage – or other), but omit your morning dose on the day of your test.
- If you are on insulin, it is generally recommended to decrease the dosage by half on the day prior to your procedure.
- Check your blood sugar frequently while taking your bowel preparation the day before and on the morning of your procedure.
- Please consult with your doctor if you have any concerns about the above instructions.

**Clear liquids may include:**

- Water, sports drinks (Gatorade), Kool-Aid, decaffeinated tea or coffee (sugar is OK but no cream/milk/whitener), decaffeinated carbonated drinks (Orange, Sprite, Ginger Ale, 7-Up).
- Fruit juices without pulp (apple, white grape, pulp-free orange or lemonade but **NO** tomato, prune juice or juices with pulp).
- Bouillon or broth (no pieces of meat, vegetables or noodles).
- Jelly deserts (Jell-O™), frozen treats (i.e., popsicles; no fruit or cream added).
- Hard candy or chewing gum.
- **AVOID** alcoholic drinks.

**3. The day of your examination: Before the Exam**

- **DO NOT** take anything by mouth other than your medication with sips of water.
- If you have diabetes, omit your morning dose (although be sure to check your blood sugar and adjust as necessary).
- If you are passing any formed stool, you should not come to the hospital. Call 613-746-4621 ext. 4627 for further instructions.
- Present yourself to Hôpital Montfort, radiology department, room 1B 302 (B wing, 1<sup>st</sup> floor) at least one hour prior to your examination with a valid health card.
- Notify the technologist if you are pregnant or think that you might be, if you have any allergies to medications or, if you have glaucoma.

#### ***4. The day of your examination: After the Exam***

- You will experience some minor cramping after the exam, which should subside within approximately 20 to 30 minutes.
- It is recommended that you bring a healthy snack to eat after the exam so that you may start to recover as quickly as possible.
- While there are no contraindications to drive after this exam, you may be more comfortable making alternative arrangements to return home.

## Appendix A

### Pharmacies where required materials are available

\*It is strongly recommended to call ahead to be sure of material availability

\*\*Other pharmacies may have the required products.

<p><b>Central Ottawa</b> Shopper's Drug Mart – Glebe 700 Bank Sreet 613-233-3202</p> <p><b>Ottawa West – Kanata</b> Shopper's Drug Mart – Signature Centre 499 Terry fox Drive 613-271-9790</p> <p><b>Ottawa East</b> Shopper's Drug Mart – Hillside Plaza 585 Montreal Road 613-740-0616</p> <p><b>Ottawa East – Orleans</b> Shopper's Drug Mart – Fallingbrook 1675 Tenth Line Road 613-837-6078</p> <p><b>Ottawa South – Barrhaven</b> Shopper's Drug Mart – Chapman Mills 3151 Strandherd Drive. 613-825-8717</p>	<p><b>Ottawa Hospital – Civic Campus</b> Desjardins Pharmacy 1053 Carling Avenue 613-761-4157</p> <p><b>Winchester:</b> SeawayValley Pharmacy 507 Main Sreet. W. 613-774-2633</p> <p><b>Carleton Place</b> Centennial Pharmacy 299 Lake Avenue E 613-257-4490</p> <p><b>Renfrew</b> Drugstore Pharmacy 680 O'Brien Road 613-433-5957</p>
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