

Patient Instruction Sheet for Virtual Colonoscopy-MoviPrepAM

Description of the Procedure: Virtual colonoscopy is a non-invasive procedure, which uses computed tomography (CT) to take pictures of the colon after it is filled with a moderate amount of carbon dioxide (CO₂). A short pediatric size lubricated tube will be placed in your rectum. As your colon fills with CO₂ you will feel “bloated”. The CT scan will take pictures of your colon while you lie on your back and on your stomach. The exam will take about 10 minutes.

Below are instructions on how to take your prep medications: For best results, adhere strictly to the instructions below. If you have any questions about the prep or need to reschedule please call WRAMC VC Center at 202-782-0887 Monday-Friday 0730-1600.

3 Days Prior

STOP fiber supplements and follow a LOW-FIBER diet.

Avoid	Whole grain breads, cereals, and pasta; bran cereal, oatmeal, brown rice, raw fruits and vegetables, dried fruits and vegetables, beans, nuts, seeds, chunky peanut butter, jam, corn, popcorn, coconut, pickles, horseradish, relish, drinks with pulp.
Recommend	All meats, seafood and dairy products; eggs, regular pasta, white rice, white bread, pastry, cooked potatoes (no skin), fruit juices without pulp, all oils, margarine, butter.

The Day BEFORE the Exam *(Please Check as completed)*

NO solids foods are to be eaten from the prior morning until the completion of your exam the next day. Only “**clear liquids**” are allowed. Examples include, water, pulp-free fruit juices, flavored water such as Crystal Light, Gatorade, sodas, gelatin, popsicles, hard candy, broth (bouillons), coffee, and tea (limit the amount of caffeine) with sugar, sugar substitutes, honey, **NO** cream or milk. Continue to take your regular medications as directed by your physician.

MoviPrep Instructions:



We recommend wet flushable wipes, instead of plain toilet paper

	Time	Instruction
<input type="checkbox"/>	All Day <input type="checkbox"/>	<ul style="list-style-type: none"> All day (as soon as you wake up) follow a restricted diet consisting of clear liquids; including the morning of the exam (see above for examples). Drink plenty of fluids throughout the day to prevent dehydration.
<input type="checkbox"/>	Morning	<ul style="list-style-type: none"> MoviPrep: Follow instructions in kit to mix solution. Place in refrigerator along with the Barium Sulfate and Gastroview. This will make the liquids more palatable.
<input type="checkbox"/>	4:00 PM	<ul style="list-style-type: none"> Drink 1st MoviePrep container over 1 hour. Container is divided by 4 marks. Drink 8 oz every 15 minutes. Once complete drink additional 2 full glasses of a clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.
<input type="checkbox"/>	7:00 PM	<ul style="list-style-type: none"> Repeat steps above for 2nd MoviePrep container.
<input type="checkbox"/>	9:00 PM	<ul style="list-style-type: none"> Drink entire 450ml bottle of Barium Sulfate Suspension.
<input type="checkbox"/>	10:00 PM	<ul style="list-style-type: none"> If your appt is BEFORE 10 AM, drink HALF of the bottle of Gastrografin (or MD-Gastroview) (<i>Brown Bottle</i>) NOW, mixed with 8oz juice or soda. If your appt is at 10 AM & after, drink HALF of the bottle of Gastroview, mixed with 8oz juice or soda 2 hours before departing your home on the day of the exam. Discard the last half; you need to drink only 60ml (half bottle) of Gastroview.

The Day of the Exam

<input type="checkbox"/>	15 minutes Prior	<p>Arrive to your appointment 15 minutes prior. You must first check in at the Radiology clinic in 1G and then check in at the front desk. You will be given a Virtual Colonoscopy Questionnaire. Please have a seat and complete the entire questionnaire. The VC nurse or a CT technologist will assist you in preparing for your exam. Please feel free to ask any questions or express any concerns you may have during this time.</p>
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