

How to Prepare for a Computerized Tomography (CT) Virtual Colonography



Allina Health

General Information

A computerized tomography (CT) virtual colonography is an exam of the lining of your colon (large intestine). This exam is done by using X-ray and a computer to get an in-depth look at your colon.

The radiologist (doctor who specializes in X-ray) will look at the images to look for any polyps or signs of cancer in your colon.

Scheduling Your Exam

- You will schedule your exam while at your health care provider's office.
- Tell your health care provider and technologist if you:
 - have diabetes (you may need special instructions)
 - take a blood thinner, such as warfarin (Coumadin®)
 - have had a contrast reaction
 - have any allergies to latex or medicine
 - are breastfeeding, pregnant or think you may be pregnant
 - have heart or lung problems
 - bleed after surgery or dental work.
- Your health care provider will tell you how to get your exam prep kit.

A technologist will call you within 72 hours of scheduling your exam. He or she will:

- ask you a list of questions
- confirm the date and time of your exam.

Colon Cleansing Prep

You will be drinking a solution called MoviPrep® to clean your colon. **You will need to go to the bathroom often. Plan to stay home while you are preparing for the exam.**

- It will take at least 45 minutes to drink all of the solution in each container.
- You will have your first bowel movement about 1 hour after you start drinking the MoviPrep® solution.
- Most people finish going to the bathroom about 2 hours after they have finished drinking the solution.

Side Effects

The most common side effects of MoviPrep® are:

- bloating
- nausea (upset stomach) and vomiting (throwing up)
- abdominal (stomach) pain
- diarrhea (loose stools)
- anus irritation
- chills.

If you have severe cramping, an upset stomach or if you begin to vomit, you may drink the solution slower.

Drink 8 ounces (down to the next mark on the container) every 30 minutes until your symptoms get better.

What to Eat or Drink Before Your Exam

☐ Two days before your exam:

- Do not have any red-, orange- or purple-colored food or beverages.
- You may eat meat, white bread, pasta, potatoes (without skin), eggs, dairy products, pancakes, waffles or French toast (using white bread).
- Do not eat foods high in fiber. This includes whole grain breads and cereals, fruit, nuts, popcorn or vegetables (cooked or raw).

☐ One day before your exam:

- Follow a clear liquid diet. You may drink water, clear broth or bouillon, soda pop, Gatorade®, Jell-O® (no red Jell-O®), Popsicles® (no red Popsicles®), coffee or tea, fruit juices without pulp such as apple or white grape.
- **Do not drink:** tomato juice, orange juice or any red- or purple-colored liquids, alcoholic beverages, milk or non-dairy creamer.
- **Do not eat any solid food.**

What You Will Be Drinking to Prepare for Your Exam

- Moviprep®
- two contrast agents to help the inside of your colon show up better on the images. They are:
 - Tagitol™ V
 - Omnipaque™ (iohexol).

Step 1 (One Day Before Your Exam)

- 8 a.m.
 - Drink one 20 mL bottle of Tagitol™ V.
- 11 a.m.
 - Drink one-half of a 20 mL bottle of Tagitol™ V.
- 4 p.m.
 - Drink one-half of a 20 mL bottle of Tagitol™ V.

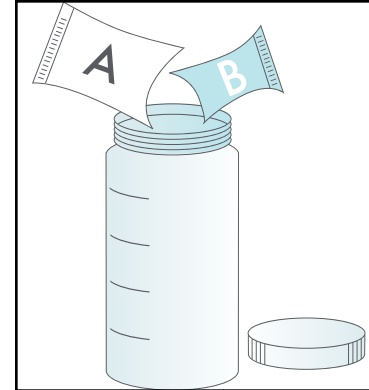
Preparing Moviprep® (One Day Before Your Exam)

The Moviprep® kit contains four pouches and a mixing container. You will need to dissolve the contents of the pouches in water before drinking it.

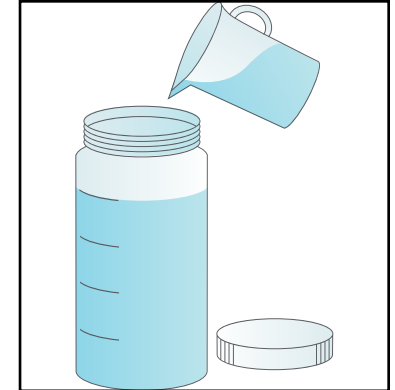
You may mix the solution up to 24 hours before you need to take it. Keep the mixed solution refrigerated. It should be used within 24 hours.

To prepare Moviprep®:

- Pour one set of pouches A and B into the container. (See step 1 below.)
- Mix with lukewarm water to the top line. (See step 2 below.)
- Do not add ice or any flavoring to the solution.



Step 1: Pour pouches A and B into the container.



Step 2: Fill the container with lukewarm water to the top line.

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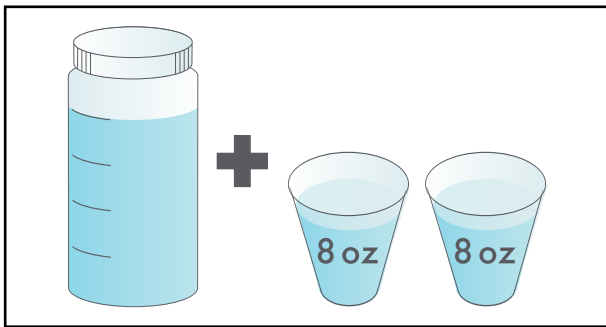
Step 2 (One Day Before Your Exam)

☐ 5 p.m.

- The MoviPrep® container is divided by four marks. Each mark is about 8 ounces.
- Drink 8 ounces (down to the next mark) every 15 minutes. (See drawing below.)
- When you finish the 32 ounces (entire container), drink 16 ounces of clear liquid of your choice. This is important to make sure you are well-hydrated.
- Wash the mixing container.

☐ 1 ½ to 2 hours later

- Mix the second set of MoviPrep® pouches.
- Drink 8 ounces (down to the next mark) every 15 minutes.
- When you finish the 32 ounces (entire container), drink 16 ounces of clear liquid of your choice.



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Drink 8 ounces (down to the next mark) every 15 minutes. After finishing the entire container, drink 16 ounces of clear liquid of your choice.

Step 3 (One Day Before Your Exam)

☐ 9 p.m.

- Mix 50 mL of Omnipaque™ with 300 mL of cold water, Sprite®, 7-Up® or Sierra Mist® (no ginger ale).
- Drink the entire container.

☐ 11 p.m. (or before bedtime)

- Mix another 50 mL of Omnipaque™ with 300 mL of cold water, Sprite®, 7-Up® or Sierra Mist® (no ginger ale).
- Drink the entire container.

Day of Your Exam

☐ When you wake up:

- Mix 50 mL of Omnipaque™ with 300 mL of cold water, Sprite®, 7-Up® or Sierra Mist® (no ginger ale).
- Drink the entire container.
- Do not drink any other liquids after this last dose of Omnipaque™.

☐ 2 hours before your exam:

- Take any regular medicines with a small sip of water.

☐ Do not drink anything or eat any solid foods until your exam is done.

When to Call Your Health Care Provider

Call your health care provider if you have:

- any side effects that may be caused by the colon cleanse prep
- a temperature higher than 99 F
- symptoms that do not go away within 24 hours
- any unusual abdominal (stomach) pain
- an allergic reaction such as a skin rash, hives or itching
- any questions or concerns.



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