

Preparation for a Virtual Colonoscopy

For 65 years old and more

Your appointment is on:

Preparing your bowel for a virtual colonoscopy is necessary to obtain the best and most precise results possible. If the preparation is inadequate, normal fecal debris and residues may give the wrong impression of polyps, which could call for an unnecessary standard (optical) colonoscopy. Therefore, it is very important for you to closely follow these instructions.

Diabetic patients should check their blood sugar level often during the preparation and the morning of the exam.

With these instructions you will receive:

- 1 **PURG-ODAN** box containing 2 sachets
- 4 Bisacodyl tablets
- 1 Rendi-Cat bottle (450 ml)
- 1 Telebrix bottle (120 ml each)

Instructions concerning your diet:

LOW-RESIDUE DIET:

Avoid:

Beef, pork, lamb, dairy products (cheese, milk, butter), fruits, vegetables, bran, Metamucil, grains, whole wheat, whole grain or whole wheat cereal.

What you can eat:

Turkey, chicken, fish (all without the skin or the fat), eggs, peeled potatoes, noodles, white rice, white bread, skimmed broth (without fat), consommé, liquid soup, soda crackers, Jello.

Clear fluids:

You can take all of the following products, as long as they are not red or violet: “**Gatorade**” type beverages, flat soft drinks, “Kool Aid”, or other artificial fruit beverages.

Lemon, orange or lime Jello (without added fruit or whipped cream), “Popsicles”.

Fruit juice without the pulp (apple, white grapes, lemonade), water, broth or consommé (brown or clear without solids), coffee and tea (without milk or artificial cream-“Coffee Mate”).

Avoid all products with red pigments (strawberries, raspberries, blue or red grapes).

Two (2) days before the exam:

If constipated, please follow the low-residue diet.

Two (2) hours after supper, take the first sachet of **PURG-ODAN.**

*If you may take some medication, take it 2 hours before the **Purg-Odan**.

How to take **PURG-ODAN**:

*Empty the contents of one sachet into a mug or coffee cup. Add 150 ml (approximately 5 oz) of cold water and stir frequently for 2-3 minutes. Sometimes the reaction of mixing **Purg-Odan** and cold water will cause the solution to become hot. If it becomes hot, wait until it cools sufficiently to drink.*

Drink only the 2/3 of the preparation followed by 4 to 6 glasses of water (8 oz).

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The day before the exam:

No dairy products, butter or margarine are allowed.

You must drink all the clear fluids indicated in the following instructions.

YOU CAN DRINK MORE BUT NOT LESS THAN INDICATED.

8 h **Light breakfast:** a small portion according to the limitations of the low-residue diet or only clear fluids (refer to the list on the first page).

After breakfast, drink half the bottle of Readi-Cat.

12 h **Lunch:** clear fluids only.

After lunch, drink 1/2 bottle of Telebrix followed by a glass of water.

13 h Drink at least 8 ounces of clear fluids, preferably Gatorade.

14 h Drink at least 8 ounces of clear fluids, preferably Gatorade.

15 h Drink at least 8 ounces of clear fluids, preferably Gatorade.

16 h Drink at least 8 ounces of clear fluids, preferably Gatorade.

17 h Drink at least 8 ounces of clear fluids, preferably Gatorade.

18 h **Supper:** clear fluids only.

19 h **Prepare the second sachet of PURG-ODAN** (see instructions of the first page) **and drink only the 2/3 of the preparation followed by 4 to 6 glasses of water (8 oz).**

21 h **Take the 4 Bisacodyl tablets** unless advised otherwise by your doctor. Swallow the tablets with a full glass of water. Do not chew or dissolve them. These tablets will take effect (you will have a bowel movement) about 8 hours later. Do not take the tablets if you cannot swallow them without chewing them. Do not take the tablets if you have taken antacids and/or milk in the last hour. This product may give you abdominal discomfort, fainting, rectal irritations and slight cramps.

Drink the other half of the Readi-Cat bottle and the other 1/2 Telebrix bottle followed by a glass of water.

If you are uncomfortable because of a too full stomach, lying on your right side will help to empty your stomach.

The morning of the exam:

Fasting (on an empty stomach). Do not eat anything for breakfast.

However, you can take your usual medication with a small glass of water.