

PATIENT NAME: _____

APPOINTMENT (day/date/time): _____

PREPARATION FOR VIRTUAL COLONOSCOPY

PLEASE NOTE: To ensure the highest quality study, it is very important that you strictly follow the directions below.

The prep consists of 4 parts:

1. Follow the low fiber/low residue diet which begins 3 days before your Virtual Colonoscopy.
2. Drink the Smoothie barium.
3. Take Fleet Phospho-Soda.
4. Drink the MD-Gastroview oral contrast agent.

Before you can prepare for this exam, you must first:

1. From DIS, pick up 2 bottles of Smoothie (a flavored barium solution), and one bottle of MD-Gastroview (refrigerate the MD-Gastroview).
2. Purchase Fleet Phospho-Soda from your pharmacy — either two 1.5-ounce bottles, or one 3-ounce bottle. Or you may purchase the Fleet Accu-Prep which has pre-measured dosing.

If you are under a physician's care for any of the following medical problems, please call your referring doctor's office before purchasing the Fleet Phospho-Soda:

- * You take medication for high blood pressure and you are over 70 years of age.
- * You have a history of kidney disease.
- * You have a history of congestive heart failure.

If you have a history of severe constipation or have had difficulty with bowel preparations previously, please speak with your physician or with one of the DIS radiologists before taking this preparation.

*** Three days before your exam:**

A low fiber/low residue diet is required for best results beginning 3 days prior to your Virtual Colonoscopy. Follow this diet for two days, and then have only clear liquids the day before the exam. For example, if your Virtual Colonoscopy study is on Thursday, you would follow the low fiber/low residue diet on Monday and Tuesday, and then have clear liquids only on Wednesday. Recommended and non-recommended low residue foods are listed on the back of this page.

*** Two days before your exam:**

- Follow the low residue diet all day.
- Drink one bottle of Smoothie barium at lunch.
- Begin the Fleet Phospho-Soda prep between 5-7 PM. If you have purchased the Fleet Accu-Prep, you will take three of the pre-measured doses as directed in the instructions. If you have purchased two 1.5 ounce bottles of Fleet Phospho-Soda, divide one of the 1.5-ounce bottles of the Fleet Phospho-Soda solution into 3 equal parts (or the 3-ounce bottle into six equal parts, using 3 doses tonight and 3 doses tomorrow night) and mix each equal part with an 8-ounce glass of clear liquid such as water, Sprite, Ginger Ale or any other clear drink. Drink the entire contents of the glass allowing approximately 10 minutes between each glass over a 30-40 minute period.

*** The day before your exam:**

- Do not eat any solid foods; drink only clear liquids.
- Drink one bottle of Smoothie at lunch.
- As you did last evening, begin the Fleet Phospho-Soda prep between 5-7 PM. If you have purchased the Fleet Accu-Prep, you will take the remaining three pre-measured doses as directed in the instructions. If you have purchased two 1.5-ounce bottles of Fleet Phospho-Soda, divide the remaining 1.5-ounce bottle of the Fleet Phospho-Soda solution into 3 equal parts (or if you purchased the 3-ounce bottle you will take the remaining three doses) and mix each equal part with an 8-ounce glass of clear liquid such as water, Sprite, Ginger Ale or any other clear drink. Drink the entire contents of the glass allowing approximately 10 minutes between each glass over a 30-40 minute period.
- At 9 PM, drink the entire 30 ml bottle of the MD-Gastroview mixed with either Sprite, Ginger Ale, Cranberry or other juice of your choosing.

*** The morning of the exam:**

- Do not eat any solid foods; drink only clear liquids. *

** Suggested clear liquids include: coffee; tea with sugar but without milk, cream or whitener; soft drinks; consommé; clear fruit juices (no pulp) such as apple, cranberry, grape and strained orange juice.*

LOW RESIDUE DIET

FOOD GROUP	RECOMMENDED	AVOID
Milk & milk products (2 or more cups daily)	All milk products	Low residue diet only 2 cups daily of all milk products
Vegetables (3 or more servings daily)	Lettuce; vegetable juice without pulp; the following cooked vegetables: yellow squash(without seeds), green beans, wax beans, spinach, pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots	Vegetable juices with pulp, raw vegetables except lettuce, cooked vegetables not on RECOMMENDED list
Fruits (2 or more servings daily)	Fruit juices without pulp, canned fruit except pineapple, ripe bananas, melons	Fruit juices with pulp, canned pineapple, fresh fruit except those on RECOMMENDED list, prunes, prune juice, dried fruit, jam, marmalade
Starches—bread & grains (4 or more servings daily)	Bread and cereals made from refined flours, pasta, white rice	Whole-grain breads, cereals, rice, pasta, bran cereal, oatmeal
Meat or meat substitutes (5 to 6 oz daily)	Meat, poultry, eggs, seafood	Chunky peanut butter, nuts, seeds, dried beans, dried peas
Fats and oils (servings depend on caloric needs)	All oils, margarine, butter	Coconut
Sweets and desserts (servings depend on caloric needs)	All not on AVOID list	Desserts containing nuts, coconut
Miscellaneous	All not on AVOID list	Popcorn, pickles, horseradish, relish

LOW RESIDUE DIET

BREAKFAST	LUNCH	DINNER
Orange juice 1/2 cup Cornflakes 1 cup Poached egg White toast 1 slice Margarine 1 tsp Jelly 1 Tbsp Skim milk 1 cup Coffee 3/4 cup Sugar 1 tsp Non-dairy creamer Salt/pepper	Fish 3 oz Mashed potatoes 1/2 cup Cooked green beans 1/2 cup White bread 1 slice Margarine 1 tsp Jelly 1 Tbsp Applesauce 1/2 cup Coffee 3/4 cup Sugar 1 tsp Non-dairy creamer Salt/pepper	Chicken breast 3 oz Medium baked potato <i>without skin</i> Cooked carrots 1/2 cup White bread 1 slice Margarine 1 tsp Jelly 1 Tbsp Canned peaches 1/2 cup Skim milk 1/2 cup Coffee 3/4 cup Sugar 1 tsp Non-dairy creamer Salt/pepper

PREPARATIONS MAY BE PICKED UP AT THE FOLLOWING LOCATION:

4241 Veterans Memorial Boulevard #100, Metairie LA 70006