

Preparation for examination of virtual CT-colonography

— Dear Patients,

Please read the information about what you need to do carefully. Accurate preparation is required for a successful examination.

The gastro-intestinal tract is to be adequately cleaned to be able to get a good vision of the possible polyps in the colon. If you are “obstipating”, have stool rarely and/or with difficulty, it is advisable to drink one and a half dl of purgative water and have breakfast half an hour later on the week before the examination. Otherwise have normal meals with a lot of liquid consumption (1.5-2 litres a day). In case of normal stooling habit, the purgative water is not necessary.

The preparation begins two to four days before the examination with a low-fibre diet.

In this period, please consume only certain foods low on dietary fibre.

Low-fibre pulpy foods which can be consumed 2 days before examination.

- dairy product (milk, yogurt, kephir, ice cream)
- clear soup (for example: clear broth)
- fibre-free (clear) fruit juice
- few boiled potatoes, cooked pasta
- ample liquid consumption

On the day before the examination, you have to take the bowel cleaning liquid prescribed by your physician or family practitioner, in case of private examination the one taken at the reception with lot of fluid as indicated in the patient information leaflet of the cleaning liquid. The cleaning liquid is a prescription only medicine, prescribable by gastroenterologist.

Should the medicine be subject to shortfalls, please consider the recommendation of your pharmacist or obtain information on the possible replacements at your attending physician.

If the examination is scheduled to the next morning, then after a light breakfast, around 10 o'clock you have to take the cleaning liquid, then drink 2-3 litres of fluid (tea, clear fruit juice, clear broth, mineral water) within a short time. Do not eat solid meal. In the morning of the examination, take your medicines agreeable with the contrast agent with water or tea. If you do not tolerate fasting well and do not have diabetes, you may eat a little bitter chocolate.

Please consult your general or attending physician on the coordination of diet required for preparation and the suspension of diabetes medication!

If the examination is due to next afternoon, then on the day before the examination after a light breakfast (e.g., plain roll and tea) refrain from having solid meal, consume only drink (milk, yogurt, kephir, ice cream, clear soup, fibre-free juice). Between 2 and 4 o'clock p.m. take the bowel cleaning liquid prescribed by your doctor, then drink a minimum of 2-3 litres of liquid within a short time. You may drink on the day of the examination (water, tea) but do not drink 2 hours before the time of the examination.

Please consult your general or attending physician on the coordination of diet required for preparation and the suspension of diabetes medication!

Do not eat on the day of the examination before the examination.

Please consult your general or attending physician on the coordination of diet required for preparation and the suspension of diabetes medication! Please note that even during the most careful preparation, for anatomical or functional reasons (for example long, curved colon, torpid bowel function, tendency for obstipation), even after the bowel cleaning recommended above, stool remains may stay on the intestinal wall. This contamination may prevent the assessment of the polyp scanned for within the related section and the examining doctor will record this fact on the report. (To prevention this, we recommend the supplementary preparation described above for patients with tendency to obstipation. The cleaning is considered successful if the discharging cleaning liquid does not contain any solid stool remains.)

“Barium marking” CT colonoscopy preparation

The point of the procedure is to “mark” the bowel content with barium before commencing bowel cleaning so the small stool remains attached to the intestinal wall can be clearly differentiated from the small polyps.

On the diet day a teaspoonful of barium is to be consumed mixed with water. The barium can be obtained at our site. The diet following is the same as described above.

Should you have any further questions, ask the medical personnel performing the examination or the specialist controlling the examination.