

VIRTUAL COLONOSCOPY INSTRUCTIONS

- Please arrive 15 minutes before the test is to be done.
- YOU WILL BE ABLE TO DRIVE FOLLOWING THE TEST.

How long does the procedure take?

- 30 – 45 minutes



Gastroenterology Consultants

a family of healing partners
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PREPARATION

QUESTIONS?

Day Before Your Appointment

- Start a clear liquid diet (coffee or tea with no milk products, chicken or beef broth, popsicles, plain Jell-O, soda, clear juices such as apple, and powdered lemonade only).
- NO solid foods.
- Take all your daily and nightly medications as usual.
- At 12:00 noon, take three bisacodyl tablets. Mix up magnesium citrate powder with 8 oz. of water. Mix until completely dissolved. Then refrigerate this mixture.
- At 3:00 pm, drink half (4 oz.) of the magnesium citrate mixture along with 8 oz. of clear juice or carbonated drink (like Sprite).
- Follow this with at least 4 to 8 cups of clear liquids throughout the afternoon. From this time on, you will probably begin to have closely spaced bowel movements. You will want to be close to a restroom.
- At 6:00 pm, drink 250 mL of 2.2% barium and then the second half (4 oz.) of the magnesium citrate mixture.
- Drink at least 4 to 8 cups of clear liquids throughout the evening.
- At 9:00 pm, drink 60 mL of Diatrizoate undiluted or mixed in 8 oz. of clear juice or clear carbonated drink.
- You may continue to drink clear liquids until 12:00 midnight.
- After 12:00 midnight, nothing by mouth (food or drink).

Contact Us:

309-762-5560

(Mon–Fri 8am–5pm)

Day of Your Appointment

- Nothing by mouth (food or drink).
- Take your regular medications with a minimal amount of water.

Diabetics

- Morning procedure: Do not take your morning dose of diabetes medicine.
- Afternoon procedure: **TAKE HALF OF YOUR MORNING DOSE** of diabetes medicine.
- Bring your glucose meter with you to your procedure.
- Test your blood glucose regularly throughout the day of your prep and test.

Aspirin, Pradaxa, Coumadin

- Continue as usual.

Asthma or Breathing Problems

- Bring your inhalers with you to your procedure.