

Patient Instructions for Virtual Colonoscopy Preparation

In preparation for your Virtual Colonoscopy procedure, we would like you to follow the following instruction that will be given below. You have received these instructions with the following products:

LoSo Prep: This is a laxative to cleanse your digestive system.

ReadiCat Vanilla: This is going to mark any remaining stool that you may have in your colon. This liquid will differentiate between stool and any potential polyps that you may have in your colon.

NutraPrep Kit: This is nutritional support for your procedure.

The quality of your Virtual Colonoscopy examination is dependent in part on your bowel preparation. To assure the best possible outcome, this preparation should be taken exactly as directed. If you are a diabetic, please let us know before you begin this preparation. Make sure to follow these instructions and do not make any substitutions or changes without consulting Advanced Imaging Center at **327-3950** prior to doing so.

Two Days Before Your Virtual Colonoscopy

Start at lunch by drinking plenty of clear fluids and eat utilizing the foods listed below:

- **Lunch:** Soup
- Fish or white meat chicken (4 to 6 ounces skinless)
- Beverages
- **Dinner:** Soup
- Fish or white meat chicken (4 to 6 ounces skinless)

One Day Before Your Virtual Colonoscopy

Note: Be sure to drink all water or other fluids as instructed

- **Breakfast:** NutraPrep Vanilla Nutritional Drink
- **Lunch:** NutraPrep Vanilla Nutritional Drink, NutraPrep Chicken Noodle Soup and NutraPrep Lemon Drink Mix or Water
- **Afternoon** (anytime): NutraPrep Potato Poppers, NutraPrep Chocolate Energy Bars and NutraPrep Apple Sauce
- **1:00pm** 8 ounce glass of water
- **2:00pm** 8 ounce glass of water
- **3:00pm** 8 ounce glass of water
- **4:00pm** 8 ounce glass of water
- **Dinner** (6:00pm): Drink 250mL (1 bottle of Read-Cat 2), all of the NutraPrep Vanilla Nutritional Drink, NutraPrep Chicken Noodle Soup, and NutraPrep Lemon Drink Mix or Water
- **5:30pm** 8 ounce glass of water mixed with the Magnesium Citrate Powder. This will effervesce, so make sure that you mix this is at least a 16 ounce glass
- **6:00pm** 8 ounce glass of water
- **7:00pm** 8 ounce glass of water
- **7:30pm** 8 ounce glass of water. Take all four (4) of the Bisacodyl tablets at the same time with this water
- **8:00pm** 8 ounce glass of water
- **9:00pm** 8 ounce glass of water
- After 9:00pm, do not eat or drink anything

The Day of Your Virtual Colonoscopy

- Upon rising, do not eat or drink anything
- 1 hour before you begin to travel to Advanced Imaging for your procedure, insert the LoSo Bisacodyl Suppository