

Preparation for the Virtual Colonoscopy Exam

Supplies

You will need to purchase ALL the following before starting the preparation. The laxatives should be available at your local pharmacy. You do not need a prescription for the laxatives. We will supply you with oral contrast: *Omnipaque 240*

1. **One** 238 gram bottle of Miralax (net weight 8.3 oz, powder form).
2. **Four** oral tablets - 5mg Bisacodyl (10 tablets come in 1 package) (commonly sold as Carter's Little Pills or Dulcolax).
3. **One** 10mg bisacodyl suppository (commonly sold as Dulcolax, Fleet Bisacodyl, or Magic Bullet). (4 suppositories come in 1 package)
DO NOT keep it your pocket or anywhere warm – it will melt and become unusable.
4. **64 oz** CLEAR liquid such as Gatorade or Powerade (any flavor)
5. **MANY OTHER CLEAR LIQUIDS** (SEE CLEAR LIQUID LIST)
6. **OPTIONAL:** You can choose to use **Vaseline or A&D ointment** on the skin around your anus after every bowel movement to prevent irritation



On the day before the virtual colonoscopy

1. NO solid food all day
2. YES, you can take your medications.
3. Drink clear liquids only (SEE BELOW CLEAR LIQUID DIET EXAMPLE)
4. 64oz clear liquid (Gatorade or powerade) to mix with Miralax
5. Drink 8 oz of water (about 1 glass) at least every hour (try to never be thirsty).
6. Over the course of the day, drink at least 2 quarts of liquids.

Clear Liquid Diet It is very important to be hydrated!

YES OK to Drink

Soups

- Clear broth, bouillon, or consommé

Sweets

- Gelatin, such as Jell-O®
Flavored ices
- Hard candies, such as Life Savers®

Drinks

- Clear fruit juices, such as apple, white cranberry, lemonade, or white grape
- Soda, such as 7-Up®, Sprite®, ginger ale, or seltzer
- Gatorade®
- Black coffee
- Tea
- Water

Do Not Drink

Products with particles of dried food seasoning

Juices with pulp

Nectars

Milk or cream

Alcoholic beverages

WARNING:

**Omnipaque should NOT be taken if you
have a history of prior allergy
to an imaging contrast containing iodine**

HOURLY SCHEDULE day before the virtual colonoscopy

7 am	Upon waking up start to drink clear liquid (as listed on the clear liquid diet) <ul style="list-style-type: none">➤ Mix all 238 grams of the Miralax powder with 64 oz of room temperature clear liquid until the powder dissolves. (Gatorade or Powerade will taste the best)➤ Put the 64 oz mixture in the refrigerator.
8 am	Mix 2 teaspoons (tsp) of Omnipaque in 1 glass (8oz) of water and drink it.
9/10/11am	Each hour drink 8 oz of clear liquid (as listed on the clear liquid diet)
12 pm	Mix 2 teaspoons (tsp) of Omnipaque in 1 glass (8oz) of water and drink it.
1/2/3 pm	Each hour drink 8 oz of clear liquid (as listed on the clear liquid diet)
4 pm	Take 2 oral bisacodyl (5mg) tablets by mouth with 8 oz liquid
415 pm	drink 1(8oz) glass of the Miralax mixture
430 pm	drink 1(8oz) glass of the Miralax mixture
445 pm	drink 1(8oz) glass of the Miralax mixture
500 pm	drink 1(8oz) glass of the Miralax mixture <ul style="list-style-type: none">➤ Save the other half of the Miralax mixture in the refrigerator➤ Bowel movements will usually begin within 1-2 hours➤ You can use Vaseline or A&D ointment on the skin around your anus after every bowel movement to prevent irritation
7 pm	Mix 2 teaspoons (tsp) of Omnipaque in 1 glass (8oz) of water and drink it.
8/9 pm	Each hour drink 8 oz of clear liquid (as listed on the clear liquid diet)
10 pm	Take 2 oral bisacodyl (5mg) tablets by mouth with 8 oz liquid
1015 pm	drink 1(8oz) glass of the Miralax mixture
1030 pm	drink 1(8oz) glass of the Miralax mixture
1045 pm	drink 1(8oz) glass of the Miralax mixture
1100 pm	drink 1(8oz) glass of the Miralax mixture <ul style="list-style-type: none">➤ You will be done with all the Miralax mixture

➤ **NO FOOD OR LIQUID AFTER MIDNIGHT**

On the **day of** the virtual colonoscopy

- **Do not eat or drink anything other than what is instructed below**
- **YES**, you CAN take your medications the morning of your colonoscopy!

Time	Instruction
At least 2 hours before your exam	Mix 4 teaspoons (tsp) of Omnipaque in 1 glass (8oz) of water and drink it. <i>Also unwrap the 10mg bisacodyl suppository and discard the foil/wrapper. While lying on your side with your leg raised, insert the suppository into the rectum and gently push in as far as possible.</i>

**Please call Carlsbad Imaging Center
if you have any questions (760) 730-3536**