



PROCEDURE DATE

ARRIVAL TIME (*Not Procedure Time*)

PURPOSE OF CT Colonography (CTC or Virtual Colonoscopy):

- (A) Screen for Colorectal Cancer
- (B) A diagnostic exam that is a CAT scan colonoscopy that examines the entire colon in a less invasive method than conventional colonoscopy.
- (C) Uses computed tomography to make pictures of the colon after it is distended with a moderate amount of carbon dioxide gas

LENGTH OF PROCEDURE: About 10-15 minutes

GENERAL INSTRUCTIONS

- 1. It is recommended but not mandatory for females of childbearing age to have a urine pregnancy test done within 72 hours prior to the procedure. It can be done in the WRMMCB (building 9) lab on the 2nd floor 1 hr before your appointment time. The lab opens at 0700. Menopause is defined as last period more than 12 months ago**
2. You may take Tylenol (acetaminophen), Motrin or Aspirin if you need a pain reliever. Formerly, we asked patients to stop Aspirin before their procedures. This is no longer necessary.
3. Oral iron or fiber supplements (such as Metamucil, Citrucel, and Fibercon) should be discontinued 5 days prior to the exam. Please check with your physician for any substitutes.
4. Heart and blood pressure medications should be continued and taken the morning of the exam. Check with your physician regarding other medications, especially insulin, if you are diabetic.
5. If you are diabetic, do not take any oral diabetic medications the morning of the procedure and check your blood sugar before arrival. If your blood sugar is 70 or below, please inform the staff immediately upon your arrival.
6. Please report to the Main Radiology Department in Building 9 on the 1st Floor 15 minutes before your appointment time. When you arrive, please inform the front desk staff.
7. Leave valuables at home or with the adult who accompanies you for the procedure.
8. Wear comfortable clothes.

9. Remove all body piercings.

10. **DO NOT DRINK ANY ALCOHOL** once you begin the prep.

There may possibly be a waiting period prior to the procedure. The NNMC staff strives to give every patient individualized, quality care. We apologize for any inconvenience that waiting may cause you.

PROCEDURE

1. A small flexible tube is placed in your rectum and carbon dioxide gas is administered to inflate the bowel.
2. Two CAT scan images are obtained. 2 CT images will be taken requiring position changes on the CT Table.
3. Sedation is not administered for a CTC, and it can be uncomfortable, though the discomfort typically last less than 5 minutes and resolves very quickly after the test is completed.
4. Slow deep breaths can help alleviate the discomfort.
5. The images will be processed through specific software to create a 3-dimensional depiction of the walls of your colon (large intestines). The Colon Health Initiative at WRNMMC is widely recognized as one of the premier CTC centers in the country and is a leader in the research surrounding CTC and colon cancer screening. Results from WRNMMC, showing that CTC is equivalent to optical (conventional) colonoscopy for the identification of precancerous polyps in the colon, were specifically cited as contributing factors for the inclusion of CTC into current colon cancer screening guidelines for average risk individuals. CTC can examine other organ systems (lungs, liver, kidneys, etc.) at the same time that the colon is being examined. CTC can denote clinically significant conditions, but it is not intended to be used as a total body scan. The images of findings outside of the colon with CTC are not equivalent to traditional CT due to the much lower dose of radiation and lack of intravenous contrast with CTC.
6. You will receive phone results via a patient-activated system called SecuReach within 72 hours of your procedure.
7. About 10-15% of people who undergo CTC will be found to have a polyp 6mm or larger in size. If you have a polyp, it is very easy to schedule an optical colonoscopy. At WRNMMC, optical colonoscopies are performed most mornings and afternoons. You would call (301) 319-8284 to schedule your colonoscopy. You do not need a referral.
8. If you want to take your CTC results and have an optical colonoscopy elsewhere please email Priscilla Cullen RN: Priscilla.a.cullen.ctr@health.mil

Preparation is of the upmost importance in providing accurate Colorectal Cancer Screening. The instructions below should be adhered to optimize the outcome.

2-3 Days Before your exam

Drink plenty of fluids throughout the period 2-3 days before your procedure to avoid dehydration. This consists of a minimum of 8-8 ounce glasses of fluids per day.

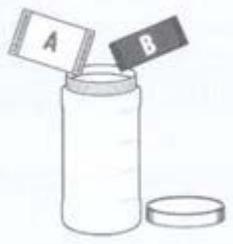
Follow a low residue diet. For examples see the chart below:

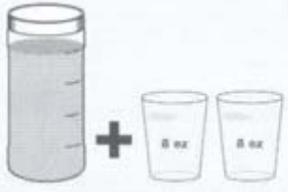
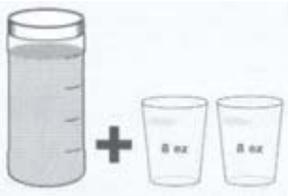
FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk and Dairy	<ul style="list-style-type: none"> • Cow's milk • Ice cream • Yogurt • Cheese • cream 	<ul style="list-style-type: none"> • Fruited yogurt • And ice cream or cheese with nuts and seeds • Any milk products if you are lactose intolerant
Beverages	<ul style="list-style-type: none"> • Coffee and tea • Carbonated beverages • Apple juice • Strained juice • Bottled water • Tomato juice • Fruit drinks without pulp, such as fruit punch • Kool-Aid or Hi-C • Nutritional supplements without added fiber, such as Boost or Ensure 	<ul style="list-style-type: none"> • Any beverage containing pulp or seeds, such as orange or grapefruit juice • Prune juice • Nutritional supplements that contain fiber
Breads, cereals, and starches	<ul style="list-style-type: none"> • Refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, or pastry • Refined cooked and cold cereals such as hominy grits, farina, cream of wheat or rice, strained oatmeal, Cheerios, corn/rice, Chex, Cornflakes, Rice Krispies, Special K • Potato and sweet potato without skin • White rice • Refined pasta 	<ul style="list-style-type: none"> • Whole grain breads, cereals and pasta • Oatmeal • Granola • Any bread, cracker, cereal or pasta made with seeds, nuts, coconut, or raw /dried fruit • Corn bread • Graham crackers • Brown rice • Wheat germ • Bran • Sprouted wheat • Wild rice • Barley • Potato skins

2-3 Days Before your exam (low residue diet continued)

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Breads, cereals, and starches cont.	<ul style="list-style-type: none"> without skin • White rice • Refined pasta 	<ul style="list-style-type: none"> • Corn bread • Graham crackers • Brown rice • Wheat germ • Bran • Sprouted wheat • Wild rice • Barley • Potato skins
Fruits	<ul style="list-style-type: none"> • Canned or cooked fruit without skins or seeds (peaches; pears; apricots; apples) Ripe banana 	<ul style="list-style-type: none"> • canned pineapple; oranges; grapefruit • sections, mixed fruit, dried fruit, all berries, melon, avocado, coconut
Vegetables	<ul style="list-style-type: none"> • Tender; well cooked fresh, canned and frozen vegetables without seeds such as peeled carrots, green beans, and beets • Strained Vegetable juice • Strained tomato juice 	<ul style="list-style-type: none"> • All raw vegetables; such as lettuce; onion; celery; cucumber , vegetables with seeds • Tough fibrous cook vegetables such as: artichokes; corn; eggplant; onion; tomatoes; asparagus, Broccoli; celery; cucumber; mushrooms; spinach
Meat and meat substitutes	<ul style="list-style-type: none"> • Cooked, tender fish; poultry; beef; lamb; ham; veal; organ meats; eggs tofu; cheese; tuna fish; smooth peanut butter 	<ul style="list-style-type: none"> • Non –tender meats • Gristle • hot dogs • Salami; cold cuts • meat substitutes made from whole grains; nuts or seeds • dried beans • Peas • Lentils
Miscellaneous:	<ul style="list-style-type: none"> • Salt • Sugar • soy sauce • jelly (but not jam or preserves) 	<ul style="list-style-type: none"> • Pepper • seed spices • Coconut • Popcorn • pickles/olives

Day before your exam

Time	Instruction
0830(8:30 AM)	Normal Breakfast
	<p>MIXING YOUR MOVIPREP SOLUTION (DO NOT DRINK UNTIL 4:00pm/1600)</p> <ul style="list-style-type: none"> • Empty 1 pouch A and 1 pouch B into the disposable container. • Add lukewarm water to the top line of the container. • Mix to dissolve. • If you prefer, the solution can be refrigerated before drinking. • The solution should be used within 24 hours.
0830(8:30 AM)	Chill the Barium and Omnipaque
<p>AFTER 0830 (8:30 AM) NO SOLID FOOD</p>	<p>FOLLOW A RESTRICTED DIET OF CLEAR LIQUIDS</p> <ul style="list-style-type: none"> • Coffee, Tea • Clear Juice without Pulp(Apple, White Grape, Lemonade) • Broth, Bouillon • Gatorade or Similar Sports Drinks • Kool-Aid, Crystal Light • Jell-o (no added fruit or toppings) • Popsicles • Carbonated Soft Drinks (Coke, Pepsi, Sprite; Diet or Regular) <p>Drink plenty of fluids throughout the day to avoid dehydration. DRINK 8 OUNCES CLEAR LIQUIDS EVERY HOUR MINIMUM. <i>The prep will work better, and you will feel better. You will also avoid dehydration symptoms eg. Nausea while drinking the prep.</i></p>
<p><i>Before starting your bowel prep, make sure you are close to the restroom</i></p>	
1600 (4:00 PM)	<ul style="list-style-type: none"> • BEGIN TO DRINK YOUR MOVIPREP • The MoviPrep container is divided by 4 marks. • Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete. • You may start going to the bathroom after only a couple of

	<p>glasses, but be sure to drink ALL of the solution.</p> <ul style="list-style-type: none"> • Drink an additional 16 ounces of clear liquids of your choice. <p><i>The prep will work better, and you will feel better. You will also avoid dehydration symptoms eg. Nausea while drinking the prep.</i></p>
<p>1700 (5:00 PM)</p> 	<ul style="list-style-type: none"> • Prepare the second container of MoviPrep. • Empty 1 pouch A & 1 pouch B into the disposable container. • Add lukewarm water to top line of the container. Mix to dissolve.
<p>2000 (8:00 PM)</p> 	<ul style="list-style-type: none"> • Drink the second container of MoviPrep. • Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete. • You may start going to the bathroom after only a couple of glasses, but be sure to drink ALL of the solution. • Drink an additional 16 ounces of clear liquids of your choice.
<p>2100 (9:00 PM)</p>	<ul style="list-style-type: none"> • After shaking the container, drink 300cc of barium. • 300cc is about 2/3 of the container (Discard the rest).
<p>2200 (10:00 PM) Can be taken At 2100 as well.</p> 	<ul style="list-style-type: none"> • Drink the entire 75ml/cc of Omnipaque. • Drink plenty of fluids.
<p>DAY OF YOUR PROCEDURE</p>	<p>If you are not a same day read you may have clear liquids until your procedure is done, and may take your morning medications. There is no need to stop drinking. You may eat as soon as the procedure is complete.</p>

PLEASE BE ADVISED THAT YOU WILL NOT RECEIVE YOUR CTC RESULTS ON THE DAY OF YOUR PROCEDURE. YOU WILL BE CONTACTED WITHIN 48 HOURS WITH YOUR RESULTS.

OUTPATIENT DISCHARGE INSTRUCTIONS

1. You may resume your normal diet and normal activity.
2. There is usually no abdominal cramping immediately after the CTC due to the use of Carbon Dioxide which dissipates immediately. If you do have a little bit of cramping, it will dissipate with slow deep breaths and walking.

IF YOU HAVE ANY QUESTIONS, CONTACT YOUR SCHEDULER OR CALL (301) 319-8284, BETWEEN 0800-1600 (WEEKDAYS). PLEASE CONTACT US IF PROBLEMS ARISE BEFORE YOUR PROCEDURE OR IF YOU NEED TO CHANGE OR CANCEL YOUR PROCEDURE.

IF YOU ALREADY HAVE A SECUREACH CARD, PLEASE DO NOT TAKE ANOTHER BUT PLEASE BRING IT TO THE APPOINTMENT - YOUR CONTACT INFO WILL BE VERIFIED AT CHECK IN FOR THE PROCEDURE.

PLEASE GIVE AT LEAST 72 HOURS NOTICE WHEN CANCELING. LESS THAN 72 HOURS NOTICE MAY DELAY CARE AND INCREASE MEDICAL COST. IF YOUR PROCEDURE IS CANCELLED LESS THAN 72 HOURS PRIOR TO YOUR PROCEDURE YOU WILL BE CONSIDERED A "NO SHOW".

ANY PATIENT THAT CANCELS GREATER THAN TWO (2) PROCEDURE APPOINTMENTS WILL NEED TO HAVE A CLINIC APPOINTMENT BEFORE BEING PLACED BACK ON THE ENDOSCOPY OR CTC SCHEDULE. SPECIFIC CIRCUMSTANCES MAY BE ADDRESSED AT THE DISCRETION OF THE MEDICAL DIRECTOR.

In the event of inclement weather, please check the WRNMMC operating status either on the website at www.wrnmmc.capmed.mil or social media sites. If the Federal government is closed, then ALL outpatient clinic and scheduled elective surgeries including endoscopic procedures (colonoscopy/endoscopy) will be cancelled. Please do not report to the Medical Center as there will only be emergency staffing and we will not be able to perform your procedure. If the Medical Center is "open" but on a delayed status, please also pay attention, since any patients scheduled for a procedure before 0900 with a one hour delay or before 1000 with a two hour delay will be required to be rescheduled. You will be called to have the procedure or clinic appointment rescheduled with-in the next 1-3 business days.