

# Optical Colonoscopy Preparation Instructions

## **1. OVERVIEW**

- 1) Abnormalities can be visualized and further information obtained by taking a biopsy.
- 2) If a polyp is found, it will be removed.

## **2. GENERAL INSTRUCTIONS**

1. It is recommended that females of childbearing age have a urine pregnancy test done within **72 hours** prior to the procedure.
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, 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. If you are diabetic, check your blood sugar before arrival.
5. Please bring your health record from the Military Facility where it is maintained (if they will release it) and your military ID card.
6. Please report to the front desk of Gastroenterology in Building 9 on the 1<sup>st</sup> Floor for appointment.
7. Leave valuables at home or with the adult who accompanies you for the procedure.
8. Wear comfortable clothes.

## **3. LENGTH OF VISIT:** *Procedure 1 – 1 ½ hours; Recovery 1 – 2 hours*

## **4. PROCEDURE DESCRIPTION:**

- 1) An intravenous line (IV) will be placed in order to provide medication for sedation and comfort.
- 2) Oxygen will be administered and your heart and blood pressure will be continuously monitored throughout the procedure.
- 3) While lying comfortably on your left side the physician will insert the flexible, lubricated scope into the rectum and carefully advance it through the colon. Some air

and water will be placed in the colon to assist in the exam, which may be expelled afterwards. After the exam you will rest in the recovery room until you are able to tolerate liquids and walk unassisted.

## **5. PREPARATION:**

### **2-3 DAYS BEFORE YOUR PROCEDURE**

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

### **DAY BEFORE YOUR PROCEDURE**

*Follow a restricted diet consisting of clear liquids* after a normal breakfast that does not include dairy products. You may have black coffee or tea, clear juice without pulp (apple or white grape juice, lemonade), water, broth or bouillon, Gatorade or similar sports drinks, Kool-aid (fruit flavored drinks) Jell-O (no added fruit or toppings), Popsicles, carbonated soft drinks (Coke, Pepsi, Sprite). Avoid red or orange liquids. **Drink plenty of fluid** throughout the day to avoid dehydration. This consists of a minimum of 8-8 ounce glasses of fluid per day. The prep will work better, you will feel better, and avoiding dehydration makes it easier to start your IV. Before starting your bowel prep, make sure you are close to the restroom.

### **1800hrs/ 6pm**

Drink one bottle of Colyte over 4 hours.

Mix this up in the morning and refrigerate.

It is okay to add crystal light to improve taste

It is best over ice and try drinking it through a straw.

Try to take one cup / 8 ounces (240ml) every 15 minutes

You may suck on some hard candy in-between glasses (lemon drops work well)

### **DAY OF THE EXAM**

You should drink clear liquids until **2 hours** before your arrival. This helps avoid dehydration.

PLEASE CONTACT THE NURSE EDUCATOR'S OFFICE AT (301) 319-8878,  
BETWEEN

0800-1600 (WEEKDAYS), IF QUESTIONS/PROBLEMS ARISE BEFORE YOUR  
PROCEDURE.

## **6. POST-PROCEDURE INSTRUCTIONS & INFORMATION**

### DISCHARGE INSTRUCTIONS:

1. You are advised to go directly home and rest quietly for the remainder of the day.
2. For 24 hrs after your procedure:  
DO NOT Drive or operate any machinery  
DO NOT Consume any alcoholic beverages  
DO NOT Sign any legal documents or make critical decisions  
DO NOT Take any un-prescribed medications
3. You may resume your normal diet **WHEN**
4. A feeling of fullness or cramping from remaining air in your bowel is normal. Mild activity, such as walking, will help expel the air. Lying on your left side or directly on your stomach will, also, help expel the remaining air.

# Virtual Colonoscopy Preparation Instructions

## **1. OVERVIEW**

A Computerized Tomographic Colonoscopy (CTC, also known as a Virtual Colonoscopy) is a minimally invasive total colon examination that has the same accuracy as conventional colonoscopy for the identification of colorectal polyps larger than 6 mm. The CTC uses a CT scanner to make pictures of the colon after it is filled with a moderate amount of carbon dioxide gas.

The radiologist reading your CTC will determine whether or not you require a conventional colonoscopy in order to remove polyps that are detected. Only about 10% of people undergoing CTC have polyps which require a colonoscopy for removal. We strive to do the colonoscopy on the same day as your CTC to minimize the risk of having to do another colon preparation.

Some patients prefer not to wait for their results and leave after they have their study. These patients will be given a SecuReach card with a number to dial into and listen to dictated results within 48 hours.

## **2. GENERAL INSTRUCTIONS**

- a) Females of childbearing age who have not had surgical intervention: tubal ligation or hysterectomy should have a pregnancy test within 72 hours of the procedure. It can be done 30 minutes before your appointment in the NNMC lab. The lab opens at 0730. Menopause is defined as last period was more than 12 months ago; if your last period was more recent, please submit a pregnancy test.
- b) 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.
- c) Oral iron and fiber supplements should be discontinued 5 days prior to your procedure. Fiber agents include: Metamucil, Citrucel, Fibercon.
- d) 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. If you are diabetic, check your blood sugar before arrival.
- e) Please bring your military ID.
- f) If you do not have access to your health record, please bring a list of your allergies and medications.
- g) Please take heart and blood pressure medications prior to your procedure. If you are a diabetic, please confirm with the doctor or scheduling nurse regarding your diabetic medications. Typically oral diabetic medications are held the morning of your procedure, and insulin doses are reduced. Diabetics please check your blood sugar the morning of your procedure and please tell staff immediately if the reading is 70 or below.

- h) Patients should report to first floor main radiology, building 9.
- i) Leave valuables at home or with escort.
- j) Wear comfortable clothes. Women should avoid underwire bras with metal. Sport bras can remain on during CTC.
- k) Over-the-counter diaper agents containing zinc oxide can provide relief for discomfort around the anus related to the frequent bowel movements caused by the prep.

3.           **DURATON OF VISIT:** *Procedure – 15-30 minutes; Recovery – None required*

4.           **PROCEDURE DESCRIPTION:**

- a) A small flexible tube is placed in your rectum and carbon dioxide gas is administered to inflate the bowel.
- b) Two CAT scan images are obtained. The 1<sup>st</sup> is taken on your back, while you hold your breath for 8-10 seconds. The 2<sup>nd</sup> is obtained after rolling over onto your stomach again while holding your breath for 8-10 seconds. 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.
- c) Slow deep breaths can help alleviate the discomfort.
- d) 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 NNMC 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 NNMC, showing that CTC is equivalent to 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.
- e) About 10-15% of people who undergo CTC will be found to have a polyp 6mm or larger in size. These patients should go to conventional colonoscopy to have the polyp removed. Removal of precancerous polyps is a critical step in the prevention of colon cancer. The polyp removal will be performed in NNMC's endoscopy unit (across the hall from the CT scanner) after the radiologist has completed interpreted the CTC images, and the results are conveyed to the Endoscopy unit.
- f) You will receive phone results via a patient-activated system called Secureach within 72 hours of your procedure. If you have a polyp, it is very easy to schedule a conventional colonoscopy. At NNMC, conventional colonoscopies are performed most mornings and

afternoons. You would call (301) 319-8284 to schedule your colonoscopy. You do not need a referral.

- g) If you want to take your CTC results and have a conventional colonoscopy elsewhere please email Caroline Wilson RN or Priscilla Cullen RN: [caroline.wilson@med.navy.mil](mailto:caroline.wilson@med.navy.mil) or [Priscilla.cullen@med.navy.mil](mailto:Priscilla.cullen@med.navy.mil)
- h) If you only have a Virtual Colonoscopy (CTC), you may drive yourself home and there are no activity restrictions. You may resume your usual diet immediately.
- i) **If you schedule or have an unscheduled OPTICAL COLONOSCOPY the same day as your VIRTUAL COLONOSCOPY, you will need someone to drive you home and there are some activity restrictions due to the sedation that is used for colonoscopy.**

## **5. A. PREPARATION -USING COLYTE – see below for Preparation using MoviPrep**

As part of this procedure, you will be asked to take an oral (by mouth) colon-cleansing regimen that includes a radiologic contrast material (a material that will outline your colon during the CT scan). You must drink the entire amount of the oral preparation. Barium and Gastroview are used to help tell the difference between stool and abnormalities in your colon. The barium will make your bowel movements tan or clay colored.

### **2-3 Days Before your exam**

Drink plenty of fluid throughout the period 2-3 days before your procedure to avoid dehydration. This consists of a minimum of 8-8 ounce glasses of fluid per day. Avoid seeds, nuts, oatmeal or other whole grains, beans, peas, corn, and the peels of fruits and vegetables as these may remain in the colon after completion of the prep. This is a low residue diet.

### **Day before your exam**

Follow a restricted diet consisting of clear liquids after a normal breakfast that does not include dairy products; breakfast needs to be eaten by 8am. You may have black coffee or tea, clear juice without pulp (apple or white grape juice, lemonade), water, broth or bouillon, Gatorade or similar sports drinks, Kool-aid (fruit flavored drinks) Jell-O (no added fruit or toppings), popsicles, carbonated soft drinks (Coke, Pepsi, Sprite). Avoid red or orange liquids. Drink plenty of fluid throughout the day to avoid dehydration.

*Before starting your bowel prep, make sure you are close to a restroom.*

*\*\*Chill bottles of Gastroview and Magnesium Citrate*

<u>TIME</u>	<u>INSTRUCTION</u>
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1600/4pm:	Start drinking Colyte- 1 glass every 10-15 min until completed.
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2000/8pm:	Drink 3/4 of a bottle of barium after shaking the bottle well. It is okay the discard the remaining amount
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2200/10pm:	Drink one 120ml bottle of Gastroview
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### **Day of your exam**

If a same day colonoscopy is a possibility, it is okay to drink clear liquids on the morning of your CTC up to 2 hours before the scan. Do NOT drink 2 hours before the CTC or eat solid food 8 hours before the CTC or immediately after the CTC in the event that you may need to get a colonoscopy.

## **B. PREPARATION -USING MOVIPREP – see above for Preparation using COLYTE**

### **2-3 Days Before your exam**

Drink plenty of fluid throughout the period 2-3 days before your procedure to avoid dehydration. This consists of a minimum of 8-8 ounce glasses of fluid per day. Avoid seeds, nuts, oatmeal or other whole grains, beans, peas, corn, and the peels of fruits and vegetables as these may remain in the colon after completion of the prep. This is a low residue diet.

### **Day before your exam**

On the day before your procedure, you may have a regular breakfast. After breakfast, you will be on clear liquids for the rest of the day. This includes: water, tea, black coffee, soda pop, clear juices (apple, white grape), lemon or lime flavored Jell-O without fruit or toppings, bouillon, broth, popsicles, and Italian ices. **Avoid red and pink colored liquids**, since they can look like blood to the gastroenterologist if you end up having a conventional colonoscopy.

**Step 1** --Beginning 4pm or 1600 day before procedure:

Empty (1) Pouch A and (1) Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container. Mix to dissolve. We recommend that you mix the solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

**Step 2**

The MoviPrep container is divided by (4) marks. Every 15 minutes you should drink the solution down to the next mark (approximately 8 ounces or 240cc/ml), until the full liter is completely empty.

Drink 16 ounces or (480cc/ml) or 2 full glasses of the clear liquid of your choice. **ALSO??**

**Step 3** – At 2000 or 8pm the evening before your procedure

Repeat Steps 1 and 2.

**Step 4** – At 2100 or 9pm the evening before your procedure

Drink 300cc of barium after shaking the containing. 300cc is about 2/3 of the container. You may discard the rest. Like the MoviPrep, it is a good idea to chill the barium before drinking.

**Step 5-** at 2200 or 10pm the evening before your procedure

Drink 120cc Gastroview or Gastrograffin – they are both bitter tasting. You can dilute the Gastroview/ Gastrograffin but it will increase the amount you need to drink. It is better to drink the Gastroview/ Gastrograffin then have a clear beverage as a chaser. Again, it helps to chill prior to drinking.

### **Day of your exam**

Do not eat solid food 8 hours before the CTC or immediately after the CTC in the event that you may need to get a colonoscopy Your stomach must be empty of solid foods the morning of your procedure. You may have clear liquids **until 6am** the morning of your procedure, and you may take your morning medications with a sip of clear liquids, but **stop drinking at 6am**, in the event you need the conventional colonoscopy and sedation.

PLEASE CONTACT THE NURSE EDUCATOR'S OFFICE AT (301) 319-8878, BETWEEN 0800-1600 (WEEKDAYS), IF QUESTIONS/PROBLEMS ARISE BEFORE YOUR PROCEDURE.

**6. POST-PROCEDURE INSTRUCTIONS & INFORMATION**

- a) You will be given a SECUREACH card, please keep the card in your wallet. This is how you will receive your results. Please retain the card as gastroenterology also uses the secureach system.
- b) If you already have a secureach card, please do not take another.
- c) You may resume your usual diet.
- d) You may drive yourself home. You do not need an escort.
- e) You may resume your usual diet that same day as soon after the procedure as you want. It is usual to have some cramping from the air immediately after the CTC, but it will dissipate with slow deep breathes and walking.
- f) About 2 weeks after your procedure, you should receive a hardcopy of the report in the mail.
- g) If there are any recommendations for follow-up, please make an appointment with primary care doctor.

If you also have a COLONOSCOPY the same day, you will need someone to drive you home and there are some activity restrictions due to the sedation that is used for colonoscopy. You may resume your usual diet that same day as soon after the procedure as you want.