

## ***Patient Instructions for CT Colonography Preparation***

In preparation for your CT Colonography procedure, please use the following products:

<u>Product</u>	<u>Use</u>
LoSo Prep	Laxative, to cleanse your digestive tract.

The quality of your CT Colonography examination is dependent in part on your bowel preparation. To assure the best possible outcome, this preparation should be taken exactly as directed by your physician. Make sure to follow your physician's orders. Do not make any substitutions or changes without prior consultation with your doctor. In addition to the instructions contained herein, you should read all product literature accompanying each product. Please contact American Wellness & Imaging with any questions you may have.

### Two Days Before Your CT Colonography

- Eat a low residue diet: this includes chicken broth, apple sauce, rice or popcorn cakes, nutrition shakes, and energy bars. Eat these types of foods for breakfast, lunch, dinner and snacks.

### One Day Before Your CT Colonography

*Note: Be sure to drink all water/fluids as instructed*

Breakfast:	Low residue meal with juice or water.
Lunch:	Low residue meal with juice or water
Afternoon (any time):	Energy bars, apple sauce , rice cakes.
1:00 p.m.	8 oz glass water
2:00 p.m.	8 oz glass water
3:00 p.m.	8 oz glass water
4:00 p.m.	8 oz glass water
Dinner (5:00 p.m.):	Nutritional shake, chicken broth, juice or water.
5:30 p.m.	LoSo Prep Magnesium Citrate
6:00 p.m.	8 oz glass water
7:00 p.m.	8 oz glass water
7:30 p.m.	LoSo Prep Bisacodyl Tablets
8:00 p.m.	8 oz glass water
9:00 p.m.	8 oz glass water
After 9:00 p.m.:	Nothing to eat or drink

### The Day of Your CT Colonography

- Upon rising, do not eat or drink anything
- 2 hours before you begin to travel to your procedure, insert LoSo Prep Bisacodyl Suppository