



This guide will help you prepare for your CT colonography (CTC) by properly cleaning out your colon. Please follow these instructions carefully or you may need to reschedule your appointment.

This guide includes:

- A list of items from the Mass General Outpatient Pharmacy
- A list of items to buy
- Step-by-step instructions for Prep Day 1 and Prep Day 2
- What to eat and drink on Prep Day 1 and Prep Day 2

Food and liquid can stay in your body for a long time. If solid waste is in your colon at the time of your exam, it can prevent us from seeing health conditions such as polyps or tumors.

If your colon is not completely empty at the time of your appointment, you will need to reschedule and repeat the preparation.

Definitions

Colon

A part of the digestive system (also known as the large intestine) that absorbs water from food and moves the remaining waste to the rectum to exit the body.

CT

A medical test that uses special X-ray equipment to produce cross-sectional images, like slices in a loaf of bread.

CT Colonography (CTC)

A minimally invasive CT exam that produces a 3D view of the colon. It exposes a patient to a low dose of radiation. It does not require sedation.

Contrast

A dye that helps radiologists see images more clearly. For a CTC, the dye is a liquid that you drink as part of the exam preparation. Sometimes, patients are also injected with a dye at the time of the CTC exam.

Laxative

A medicine that moves your bowels.

Polyp

An abnormal growth of tissue. A polyp is often not cancer but some can develop into cancer.

WHAT YOU NEED

The Mass General Outpatient Pharmacy is sending you a contrast prep kit with these items:

- One 50mL bottle of Omnipaque™ 300
- One 10mL syringe filled with Iohexol (generic Omnipaque™)

Omnipaque™ is the name of the contrast you drink as part of your exam preparation.

The Mass General Outpatient Pharmacy on Mass General's main campus in Boston is the only pharmacy that carries this contrast prep kit. Because it arrives by mail, you can ignore phone calls that tell you the kit is ready for pick up.



Please buy these items at a local pharmacy:

- One gallon of Polyethylene Glycol 3350 (PEG 3350) with electrolytes

PEG 3350 is a laxative. It is sold under a variety of names as a one-gallon jug and needs a prescription. It may come with flavor packs.



- Bisacodyl pills, 5 mg

Bisacodyl is also a laxative. It does not need a prescription.



WHAT TO EAT AND DRINK

When you prepare for your exam, you are limited to certain foods and drinks.

The **only** foods you can eat include:

- Chicken, beef or vegetable broth/bullion. Do **not** add any solid foods to the broth.
- Jell-O® or popsicles. Do **not** add fruit or cream.
- Clear hard candy or gum

The **only** drinks you can have include:

- All colors of Gatorade® or POWERADE®
- Water, tea, or coffee. Do **not** add cream/creamers or milk. You can add sugar or honey.
- Vitamin Water® or Crystal Light®
- Apple or white grape juice. Do **not** drink orange, tomato, grapefruit or prune juice.
- Soda
- Iced tea or no-pulp lemonade

Please drink plenty of clear liquids while preparing for your exam.

HOW TO CLEAN YOUR COLON

Prep Day 1: The Day Before Your Exam

Complete each step carefully to properly clean your colon. Plan to stay near a bathroom. Take your medicines as you normally would.

12:00 Midnight

Stop eating solid foods starting at midnight the day before your exam.

Morning

Mix the contrast and laxative and store it in a refrigerator if you want to drink it cold in the afternoon.

12:00 Noon

- Take one bisacodyl pill with 8 ounces of water. The pill will help you move your bowels.
- Mix the contrast and laxative if you haven't already.

How to Mix the Contrast and Laxative

1. Fill the PEG 3350 jug with water to the top line (you can add a flavor pack) to get one gallon (16 cups or 128 ounces) of the laxative. Cap the bottle and shake it to dissolve the powder.
2. Discard a half gallon (8 cups or 64 ounces) of the liquid.
3. Add the entire bottle of Omnipaque™ 300 (50 ml) to the remaining half gallon of liquid in the jug. Mix well. Store in a refrigerator or at room temperature.

After a Bowel Movement

- As soon as the bisacodyl has caused a bowel movement, start drinking the half gallon of contrast and laxative mixture.

3:00 pm

- If the bisacodyl pill does not cause a bowel movement by 3:00pm, start drinking the half gallon of contrast and laxative mixture now.

While Drinking the Contrast and Laxative

- Try to drink 8 ounces of the contrast and laxative mixture every 10 to 15 minutes until the jug is empty. The mixture begins working at different times for each person.

After Drinking the Contrast and Laxative

- Once the jug is empty, keep drinking clear liquids and eating broth, Jell-O® or popsicles.

Helpful Hints

- Some patients find the contrast and laxative mixture easier to drink cold and / or through a straw.
- Some patients like to chew gum or suck on a hard candy or lollipop between 8-ounce drinks of the contrast and laxative mixture.
- Use baby wipes if your anal area becomes irritated from frequent bowel movements.

Prep Day 2: The Day of Your Exam

If you have not had a bowel movement or finished the contrast and laxative mixture by midnight on the day of your exam, please call the CTC Coordinator to reschedule.

2 to 3 Hours Before Your Appointment

- Squirt the 10 mL syringe of Iohexol into an 8-ounce glass of clear liquid and drink it.
- Do not eat or drink anything else until after your exam.

After Your Exam

- You can drive yourself home.
- You can go back to your normal diet.

For People with Diabetes

If you have diabetes, talk to your doctor before starting the colon cleaning prep. You may need to change the time when you take your insulin medicine or diabetes pills. Try to avoid taking your medicine (other than insulin or diabetes pills) while you are drinking the contrast and laxative mixture.

Test your blood glucose level more frequently during colon cleaning prep. If your blood glucose level is less than 70 mg/dl or you are feeling the effects of low blood sugar, drink a sugary clear liquid or take glucose pills.

If you eat solid food to get your blood glucose level above 70 mg/dl while preparing for your exam, you must reschedule your appointment.

Contact Information

CTC Coordinator **617-724-2628**

Monday to Friday, 9:00 am to 4:30 pm

Please call the CTC Coordinator if:

- You have any questions about these instructions
- You are not able to complete all preparation steps before your appointment
- You have an allergy to contrast
- You need to reschedule your appointment

For urgent questions after business hours, please call your primary care doctor's on-call service.