

Frequently Asked Questions

What happens during the procedure?

After arriving prepared for your exam you will be instructed to lie down on the CT table. Your bowel will slowly be filled with harmless CO₂ gas via a short tube inserted into the rectum. Once the colon is filled, CT images will be taken. The whole procedure will take approximately 20 minutes.

Are there any side effects?

VC is a safe, sensitive and minimally time consuming procedure. You may experience a feeling of gassiness. This will pass shortly after the test.

I am diabetic; can I still have a VC?

Yes, but ask your physician about modifying your insulin dosage. You will also need to check your blood glucose levels more frequently throughout the bowel cleansing prep. If you need solid food to maintain your blood glucose levels, this exam may not be for you. Please consult with your physician.

Will the prep interfere with my medications?

You can continue to take any medications as directed.

What happens after the procedure?

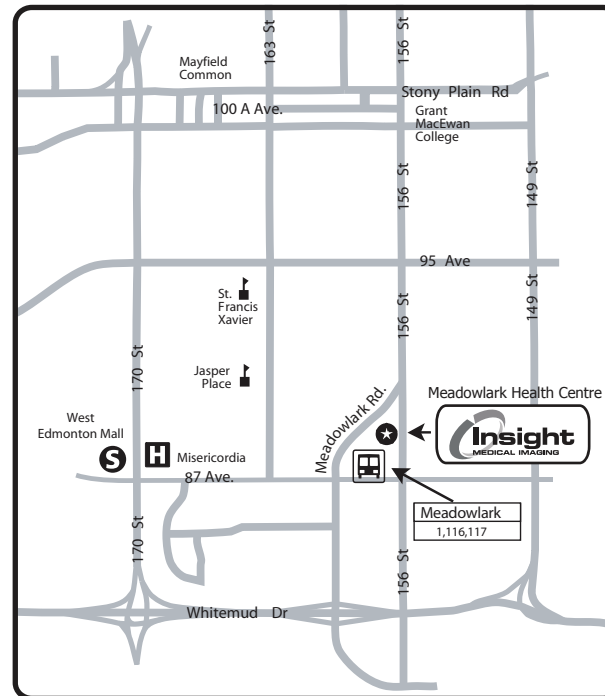
After the exam, you will be able to return to a normal diet and continue with your normal daily activities.

Couldn't find an answer to your question here?

Call us and ask: 780-444-5652

Finding Us

Please arrive at Meadowlark MRI & CT **at least ½ an hour** before your scheduled exam.



Insight Medical Imaging, MRI & CT

200 Meadowlark Health Centre
156 Street and 89 Avenue
Edmonton, AB T5R 5W9

Central Booking: 780-669-2222

Virtual Colonoscopy Preparation Instructions

Dear _____ name _____

Thank you for choosing Insight Medical Imaging to perform your Virtual Colonoscopy (VC) on _____ date _____ at _____ time _____. This is a non-invasive procedure which uses a CT scanner to examine the colon for abnormalities. Properly preparing for your exam by cleansing your colon is highly important. We have provided you with a special kit that contains everything you need to prepare for your exam. This includes a low-fibre diet and medications to help you cleanse your bowel. Please carefully review this entire brochure and checklist, as it contains the information you need to properly prepare for your exam.



Preparation Instructions



2 DAYS BEFORE EXAM

Lunch:

- Nutritional Shake
- Clear Fruit Juice
- 250 mL Clear Broth

Snack, Choose ONE:

- Energy Bar OR Apple Sauce OR Jello

Supper:

- Nutritional Shake
- Clear Fruit Juice
- 250 mL Clear Broth

Snack, Choose ONE:

- Energy Bar OR Apple Sauce OR Jello

1 DAY BEFORE EXAM

Breakfast

- Nutritional Shake
- 1st package of dissolved PICO-SALAX, followed by 4-5 more glasses of water within the hour
- First half of READI-CAT

Lunch:

- Nutritional Shake
- Clear Fruit Juice
- 250 mL Clear Broth
- Second half of READI-CAT

Snack, Choose ONE:

- Energy Bar OR Apple Sauce OR Jello

Supper (Eaten before 6:00 PM):

- Nutritional Shake
- Clear Fruit Juice
- 250 mL Clear Broth
- 2nd package of dissolved PICO-SALAX, followed by 4-5 more glasses of water within the hour

8:00PM

- Insert 1st BISACODYL suppository into rectum
- 2 glasses of water before bed; nothing after midnight

MORNING OF EXAM

- 2 hours prior to exam, insert 2nd BISACODYL suppository into rectum
- Only sip fluid if necessary for regular medications
- Try to empty your bowel once more right before the test

Your Prep Kit Contains:

5x Nutritional Shakes

4x Clear Fruit Juice

1L Clear Broth

1x Apple Sauce

1x Jello

1x Energy Bar

2x Packs of PICO-SALAX*

1x Bottle of READI-CAT

2x BISACODYL Suppositories

*Dissolve PICO-SALAX in glass of **cold** water, stir for 2-3 minutes and let rest before drinking.

