



VIRTUAL COLONOSCOPY

Miralax Prep

Oral contrast agent (Tagitol) instructions to be picked up at Radiology Suite prior to exam.

If you have congestive heart failure or kidney disease, please inform the center, as Tagitol should not be used. If you take diuretics (water pills), they should not be taken on the day before and day of the exam.

Purchase the following from your pharmacy: Dulcolax tablets (#4) and Miralax 238 g bottle.

DAY BEFORE THE EXAM

On the day before the exam (until 5 PM) you are advised to maintain a full liquid diet (milk, ice cream and plain yogurt are allowed). After 5pm, maintain a clear liquid diet (water, apple juice, cranberry juice, black coffee / tea, soda, sport drinks, and Jello are allowed)

At 5pm, take 2 tablets of Dulcolax.

At 6 PM, mix MiraLAX 238 g bottle in 64 ounces of an electrolyte solution [Gatorade, G2, Pedialyte].

Drink a glass every 30 minutes until the solution has been completed.

GULP THE GLASSES DOWN, DO NOT SIP. Try your best to finish the entire container. Over time, the preparation will run through you in the form of diarrhea.

At 9 PM, take 2 tablets of Dulcolax, followed by clear liquids.

Please follow the additional instructions provided with the box of Tagitol.

This is a necessary part of the preparation for virtual colonoscopy.

At any time during the preparation period, you may have any clear liquids of your choice.

DAY OF THE EXAM

Do not drink anything in the hour prior to your exam. Every effort will be made to schedule your appointment in the morning for your comfort and convenience.

Upon arrival to the radiology suite, the procedure will be explained to you and you will be required to change into a patient gown.

This exam requires introduction of air into the colon via a small tube inserted a short distance into the rectum. It is painless, although you may feel bloated during the exam.

A private dressing area with bathroom is provided for your comfort and convenience.

The exam does not require sedation, so you are allowed to resume your normal daily activities immediately following your exam.

AFTER THE EXAM

One of our board-certified radiologists will review the image data acquired. A report will be generated and sent to your physician for review. Please contact your physician for results of exam and further follow-up.