



## Front Range Preventive Imaging

For our patients: Please note that our virtual colonoscopy procedure involves insertion of a small enema tip into the rectum so the colon can be inflated with carbon dioxide to allow visualization. This commonly causes a brief period of discomfort, cramping or the sensation that an “accident” may occur during the inflation sequences. Our CT tech will guide you all the way.

The images acquired during scanning are then sent to an advanced FDA approved workstation for both 2D and 3D reconstruction so that the radiologist can examine the colon and the entire abdomen in all possible formats.

**Please note: If an abnormality is found, it will require a consultation with your doctor and possible removal by a separate procedure. In many cases, smaller polyps can be followed over the years without immediate removal. We advise you visit with your doctor for regular examinations including yearly fecal occult blood testing (stool blood test) and rectal exam.**

You may return to normal eating habits and activities upon completion of the examination.

Your results will be mailed to you and your physician.

Finally, most patients find the procedure and the prep easy. However, a small minority of patients find either the prep arduous or the procedure more difficult than anticipated, perhaps due to bowel spasms, etc. Although most people will feel well enough to drive home, it is prudent to have a friend “on call” in case you do not feel up to driving.

**APPOINTMENT DATE** \_\_\_\_\_

**APPOINTMENT TIME** \_\_\_\_\_

2880 Folsom Suite 100, 303-443-7226

## **Two Days Before Your Exam**

Follow your normal meal routine the entire day. In the morning drink the enclosed 30 ml of Milk of Magnesia.

Reconstitute one of the EZ-Cat barium packets with 2 cups water.

Drink 1 cup of reconstituted EZ-Cat barium with each of your two largest meals.

## **The Day Before Your Exam**

Reconstitute the second EZ-Cat barium packet with 2 cups of water.

Drink 1 cup of reconstituted EZ-Cat in the morning and one in the afternoon.

**All Day:** Follow a restricted diet consisting of clear liquids: strained fruit juices **without pulp**, (apple, white grape, lemonade, etc.), water, clear broth or bouillon, coffee or tea (without milk or non dairy creamer) You may have the following that **are not** colored red or purple: Gatorade, carbonated or noncarbonated soft drinks, Kool-aid and ice Popsicles ). Drink plenty of fluid throughout the day to avoid dehydration.

***Ensure that you have easy access to a restroom. Only take medications prescribed by your doctor, no vitamins or supplements. If you get a headache you may take a liquid or a liquid gel form of relief, no tablets or capsules.***

**Follow the instructions on the left hand side of your prep kit.**

## **THE DAY OF YOUR EXAM.....**

If you have morning medications, bring them with you to take after your exam.

### **2 hours before exam**

Insert suppository into rectum and retain for as long as possible, then void. This is to help eliminate any residual gas or fecal material.