



# Computed Tomography Colonoscopy Preparation

Name \_\_\_\_\_

Level 2, St Vincent's Hospital

Appointment Date \_\_\_\_\_

20 Dalley Street

Lismore

Appointment Time \_\_\_\_\_

Tel 02 6625 9300

## START PREPARATION ON:

\_\_\_\_\_

## MOVIPREP KIT TO BE PURCHASED FROM CHEMIST PRIOR TO COMMENCING PREPARATION

### What is computed tomography?

Computer Tomography (CT) is an xray examination that takes computer-generated images of the internal workings of the body. It allows the building up of a picture of the anatomy under review, showing both soft tissue and bone, and it quite useful for imaging parts of the body that are difficult to access. The procedure may require intravenous injection of contrast medium into a vein, usually at the elbow or the back of the hand.

The equipment that takes the image is large, and usually in the shape of a circle or square, with an opening or gantry in the middle (a little like a donut), which allows the patient table to pass through. During this process the machinery takes a number of image slices which, when combined in a total picture, is very detailed. A CT colonoscopy specifically involves imaging the large bowel (colon) using computer tomography.

### What documentation is required?

Bring your referral and any relevant previous images for comparison. ***These examinations must meet certain Medicare criteria and may not attract a rebate.***

### How long will the examination take?

The scan itself usually takes approximately 15 minutes, but it does take some hours to create the 3D image of the bowel and to examine it closely.

### What preparation is required?

Preparation takes 3 days, and includes a special low residue diet which must be followed prior to the examination. (Diet recommendations are provided on attached sheet.) Please note, if the bowel is not adequately cleansed the examination may have to be repeated.

### Day 1 And 2:

Follow recommended low residue diet (attached).

### Day 3 (ALL DAY):

Clear fluids only. For example:

- Water
- Clear soup
- Tea or Coffee without milk or non dairy creamer
- All of the following juices which are not coloured red or purple – fruit juices without pulp, non carbonated soft drinks, fruit flavoured cordials.
- No drinks coloured red or purple.

### 12 Noon Day 3

#### **Step 1:**

Make and drink first litre of the MOVIPREP (Sachet A&B) from one clear bag. Drink the first litre over one to two hours (glassful every 10-15 minutes).

#### **Step 2:**

When finished first litre, make up and drink second litre of the MOVIPREP (Sachet A&B) from the remaining clear bag. Drink this second litre over one to two hours (glassful every 10-15 minutes).

Continue drinking clear fluids only for the remainder of the day.

### Day 4 (DAY OF EXAMINATION):

On the morning of the examination, nothing to eat or drink.

Diabetics should bring medication and snack for after the procedure.