



VIRTUAL COLONOSCOPY (aka virtual colonography)

Your physician has prescribed a virtual colonoscopy examination. This computed tomography (CT) scan produces 3D images of the internal lining of the large intestine (colon and rectum) for the identification of colorectal pathologies.

ABOUT THE EXAMINATION

- These examinations are by appointment only.
- No sedative or anesthetic is required for this procedure.
- The examination lasts approximately 45 minutes.

ALLERGIES | DIABETES

If you are diabetic or allergic to iodinated contrast agents (iodine):

- Inform your doctor. He will give you specific instructions to follow.
- Notify the administrative officer of the medical imaging department at the number in the checklist below.
- Upon arriving at the medical imaging department, notify the technologists of your diabetes and/or allergies.

PREPARING FOR THE PROCEDURE

Preparing for the procedure is complex but essential to the quality of the scan.

Preparation instructions must be followed to the letter to eliminate fecal residues that might be confounded with other pathologies. Do not make any changes or substitutions without your doctor's authorization.

THE PREPARATION INSTRUCTIONS ARE ON THE NEXT PAGE.

ON THE DAY OF THE EXAMINATION

- Plan to spend 45 to 60 minutes for the duration of your examination.
- You will be asked to put on a hospital gown.
- The technologist might inject an antispasmodic (e.g., Buscopan).
- A small plastic tube will be inserted into your anus so that carbon dioxide (CO₂) can be pumped into your colon. This will inflate your colon, making it easier to view the lining. This action may cause discomfort (bloating sensation). You will then be asked to perform certain movements.
- A CT scan will then be conducted. The radiologist might request an iodinated contrast injection.
- Do not hesitate to ask the technologists any question you might have during the examination.

BRING THE FOLLOWING TO THE EXAMINATION

- A valid health insurance card (to avoid paying for this test).
- A valid hospital card (if needed, you will have to go to the reception and admitting department to get a card before your appointment).
- A list of your medications, if requested.
- A bag for your personal items. Do not bring or wear any jewels or valuables. (The hospital is not responsible for lost or stolen objects.)

CANCELLING OR POSTPONING AN APPOINTMENT

To cancel or postpone your appointment, refer to the coordinates in the checklist below.

DO YOU HAVE ANY QUESTIONS?



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Info-Santé 811 OR
Speak to your prescriber.

AIDE-MÉMOIRE

My examination date: _____

Hôtel-Dieu de Sherbrooke

580, rue Bowen Sud, Sherbrooke (Quebec) J1G 2E8
Radiology reception desk, 2nd floor, room 2408

To cancel or postpone your examination:
819-346-1110, Ext. 13600

Hôpital Brome-Missisquoi-Perkins

950, rue Principale, Cowansville (Quebec) J2K 1K3
The radiology reception desk is on the first floor.

To cancel or postpone your examination:
450-266-4342, Ext. 35990

Centre de santé et de services sociaux de Memphrémagog

50, rue Saint-Patrice Est, Magog (Quebec) J1X 3X3
The radiology reception desk is on the ground floor.

To cancel or postpone your examination:
819-843-2572, Ext. 2122

PROCEDURES TO FOLLOW FOR THE VIRTUAL COLONOSCOPY

→IF YOU ARE FOLLOWING A SPECIFIC DIET, CONFIRM WITH YOUR DOCTOR THAT THIS PREPARATION IS SUITABLE.←

LIST OF REQUIRED PRODUCTS:

- One Pico-Salax box containing 2 powder sachets: Purchase this product at your pharmacy (\$).
 - Four Bisacodyl 5 mg tablets (laxative): Purchase this product at your pharmacy (\$).
 - One bottle of Ready-Cat 450 ml (non-iodinated contrast medium): The radiology department will supply this product.
 - One bottle of Omnipaque¹ (iodinated contrast medium) : The radiology department will supply this product.
- Inform us if you are allergic to this product.*

PREPARATION AND DIET TO BE FOLLOWED:

48 HOURS BEFORE THE PROCEDURE:

Date: _____

- **Unrestricted low-residue diet** (see left box below).
- All liquid diet foods are also permitted (see right box below, *unrestricted foods*).
- Drink one glass of water or clear liquid every hour until bedtime.

24 HOURS BEFORE THE PROCEDURE:

Date: _____

- **Unrestricted liquid diet** for all meals and sacks (see right box below).
- Drink one glass of water or clear liquid every hour until bedtime.

TAKING THE VARIOUS PRODUCTS AT THE PRESCRIBED TIME

TIME	INSTRUCTIONS
12:00 P.M. (NOON)	<ul style="list-style-type: none"> • Drink ½ bottle (225 ml) of Readi-Cat. • Take 2 Bisacodyl 5 mg tablets with one glass of water or other clear liquid (see right box below).
5:00 P.M.	<ul style="list-style-type: none"> • Take 1 Pico-Salax powder sachet (check box for instructions) followed by 4 to 6 glasses of water or other clear liquid.
8:00 P.M.	<ul style="list-style-type: none"> • Drink ½ bottle (225 ml) of Readi-Cat. • Take 1 Pico-Salax powder sachet (check box for instructions) followed by 4 to 6 glasses of water or other clear liquid.
10:00 P.M.	<ul style="list-style-type: none"> • Drink 1 bottle (20 ml) of Omnipaque¹ dissolved in a glass of water or clear liquid (see right box below). • Take 2 Bisacodyl 5 mg tablets

¹ Omnipaque: To be drunk even if the vial mentions "injection".

ON THE DAY OF THE PROCEDURE

- Do not drink, eat, or smoke.
- For taking medications only: A sip of water is permitted.

LOW-RESIDUE DIET	LIQUID DIET
<ul style="list-style-type: none"> ✓ White bread without fibre and without butter (fibre: check the nutritional value table on the package) ✓ Hardboiled eggs or poached eggs with firm yolks ✓ Cooked fish without added fat (canned tuna in water is permitted) ✓ Peeled boiled potatoes ✓ White rice ✓ White pasta (can be cooked in chicken broth) ✓ Salt and pepper 	<ul style="list-style-type: none"> ✓ Water ✓ Gatorade or an equivalent clear-coloured beverage (EXCEPT red). These beverages are particularly recommended as they maintain hydration and improve bowel preparation. ✓ Pulp-free fruit juice (apple juice, orange juice, white grape juice, or lemonade) ✓ Clear soft drinks (Seven-Up, Sprite) ✓ Clear broths or consommés ✓ Ensure or fibre-free equivalent beverage (vanilla flavour only) ✓ Jell-O (except red and purple) ✓ Popsicle ✓ Tea, herbal tea and coffee (without cream or milk) in limited amounts. Sugar and honey are permitted.
AVOID	
<ul style="list-style-type: none"> ✗ Dairy products (yogurt, cheese, etc.) ✗ Fruits and vegetables ✗ Butter and other fats ✗ Nuts ✗ Jam ✗ Solid meat 	<ul style="list-style-type: none"> ✗ All red liquids (e.g., cranberry juice, tomato juice, red Gatorade, red and purple Jell-O).



REMINDER FOR DIABETICS:

Consult your doctor for instructions to adjust your medication.

Diabetics can take 1 bottle of fibre-free Ensure® at every meal and in the evening. If you are taking medications, you can have a sip of water as usual to swallow them.

Author

Équipe de médecine de laboratoire

Approval

Dr Marc Letellier, biochemist

Revision and layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

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Centre hospitalier universitaire de Sherbrooke, 2023

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June 2023 – 1-6-72051 (French version) | 1-6-72052 (English version)