

Traditional Colonoscopy vs. CT Colonography

Traditional

- A long tube is inserted into the rectum at the beginning of the colon
- Performed with sedation
- Looks only at the colon

Virtual

- A small thin tube is inserted into the rectum
- No sedation is needed
- Looks outside the colon and can detect other unsuspected issues



Who Is Not a Candidate?

There are several instances in which an individual would **NOT** be considered a candidate:

- Personal history of colon cancer or abnormal tissue growths
- Family history of colon cancer or colon polyps
- Chronic inflammatory bowel disease, including Crohn's disease or ulcerative colitis
- Acute diverticulitis

(Source: mayoclinic.org)

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Preparing for Your CT Colonography

CT colonography, also called a virtual colonoscopy, is a noninvasive exam that uses CT imaging to screen the colon and large intestine.



702.732.6000 | sdmi-lv.com | [@sdmilv](https://twitter.com/sdmilv)

Exam Prep

Cleaning Your Colon



A bowel preparation is required before your CT colonography exam.

Complete preparation instructions must be picked up from any of our locations at least 4 days before your exam. At that time, you will also receive a bottle of oral contrast material used during the preparation process.

You will need to purchase a few additional supplies from your local pharmacy or drug store.

Please plan to begin your bowel preparation 1 full day before your exam. It is important that your colon is as clean as possible so the radiologist can obtain accurate images. Residual stool may make it more difficult to identify abnormalities or polyps.

Results

The radiologist will review your exam, and the results will be sent to your referring physician. Your results will also be available through our Patient Portal at sdmi-lv.com.

Procedure

The CT Scan



You will not receive anesthesia for this procedure. The exam typically takes about 10–15 minutes.

To begin the exam, you will lie on your side on the CT table while the technologist gently inserts a small, thin tube into your rectum. A small balloon on the tube will be inflated to help keep it in place. You may feel mild discomfort or the urge to have a bowel movement. Relaxing and avoiding straining can help minimize discomfort.

Air will be introduced through the tube to expand the colon for better imaging. You may experience a feeling of fullness, bloating, or mild cramping during this part of the exam.

The CT table will move you in and out of the scanner while images are obtained. You will be asked to lie on your stomach (prone) and on your back (supine) during the scan. You will need to turn into these positions on your own.

The technologist will ask you to briefly hold your breath several times to help produce clear images. After the procedure, you may continue to feel gassy or bloated for a short time.

THE BELOW PREP APPLIES TO THE FOLLOWING CT STUDIES:

Colonography

**PREPARATION****4 Days BEFORE your appointment:**

- Pick up from any location, special prep instructions along with a bottle of radiographic contrast agent. If you are allergic to iodine please ask for the non-iodine substitute.
- You will also be supplied a list of items you need to purchase from your local pharmacy
- During the prep and the rest of the day following your exam, you will need easy access to a restroom, in case of urgency

**BRING WITH YOU**

- Insurance Card
- Photo ID
- Co-pay, Co-insurance and/or deductible

**CURRENT
PRESCRIPTIONS:**

- Please take all prescriptions as normal
- Note: If you have a known iodine allergy please visit our FAQ's:
<https://www.sdmi-lv.com/faq-categories/my-exam>*

**ARRIVE**

Please arrive no later than 30 minutes prior to your appointment

**MINORS:**

Minors under the age of 8 MUST be accompanied by a parent or legal guardian.

**JEWELRY:**

Please remember to leave jewelry at home as it may interfere with the exam process and quality of the imaging.

**NEED TO RESCHEDULE OR
HAVE QUESTIONS:**

- Please give 24 hours notice
- Call 702.732.6000
- Online Scheduling Available at: [sdmi-lv.com/onlinescheduling](https://www.sdmi-lv.com/onlinescheduling)



Pick up from SDMI: pack of tagitol (3 bottles in each pack)

You will also need to purchase ALL the following laxatives before starting the preparation.

- (1) One 8.3 oz bottle polyethylene glycol** (*commonly sold as Miralax*)
- (1) One 64oz or (2) Two 32oz bottles of Gatorade**
- (4) Four 5mg bisacodyl oral tablets** (*commonly sold as Carter's little Pills or Dulcolax*)
- (1) One 10mg bisacodyl Suppository** (*commonly sold as Dulcolax, Fleet Bisacodyl or Magic Bullet*)
*Note: This can melt if kept in a warm place (ie: your pocket)

On the day before the virtual colonoscopy:

- No Solid Food ALL Day**
- Drink clear liquids only** (*water, tea, coffee, juice, soda, broth, jello, etc*)
- 8:00am.....Drink one bottle of tagitol.**
- 9:00am.....Mix all of the Miralax bottle into the 64oz bottle of Gatorade until dissolved, place it in your refrigerator.**
- 10:00amDrink an 8 oz glass of clear liquid every hour. Before 5 pm drink at least 6-8 glasses of clear liquid.**
- 12:00 noon.....Drink one bottle of tagitol.**
- 2:00pm.....Start drinking 64 oz of the Miralax and Gatorade mixture. Drink 8 oz every 15-30 minutes until the 64 oz is finished. You should finish the Miralax solution by 5pm.**
- 6:00pm.....Drink one bottle of tagitol.**
- 7:00pm.....Take all four (4) 5mg oral bisacodyl tablets with a large glass of water.**
*Do not chew the tablets. Bisacodyl tablets generally take 6-12 hours to produce bowel movements
- 12:00 midnight..... NO FOOD OR LIQUID**

On the day of the virtual colonoscopy:

- No FOOD, LIQUID or MEDICATIONS, except the below**
*Bring your medications with you to the exam & take them after the exam is completed

At least 2 hours before exam:

- Unwrap the 10mg bisacodyl suppository and discard the foil/wrapper. While lying on your side with your leg raised, insert the suppository into the rectum and gently push in as far as possible.

If you have diabetes, please carefully monitor your blood sugar throughout the prep.

QUESTIONS? Please contact our CT specialist at (702) 304-4323