

PATIENT INFORMATION LEAFLET

Bowel Preparation for Computerised Tomography (CT) Colonography

It is important that you follow these instructions carefully. The success of this examination depends on the bowel being as clear as possible. Otherwise the examination may need to be repeated.

PRECAUTIONS

• **Pregnancy:**

For women of childbearing age, this examination must be carried out within the first 10 days of the menstrual period

DIET TO BE FOLLOWED THE DAY BEFORE APPOINTMENT

8am (day before appointment)

Start clear liquid diet. No solid food is allowed from this time until after your Computerised Tomography (CT) Colonography examination

“CLEAR LIQUID” means water, clear soup, or soup that has been strained to remove any solids, fruit juices without pulp (but not red or purple coloured juices), black tea or black coffee and clear fizzy/non fizzy drinks e.g. lemonade.

12pm (day before appointment)

Continue clear liquid diet. Please take **2 x 5mg bisacodyl (Ducolax)**.

3pm (day before appointment)

Please take **one sachet of Citra Fleet**, to dissolve in one glass of water (250ml). Then drink two glasses of water (250ml per glass)

5pm (evening before appointment)

Continue clear liquid diet. Please take **50mls of undiluted Gastrografin**. Drink two full glasses of water (250 ml per glass) immediately after.

6pm-9pm

Please drink an additional glass of water (or more, if thirsty) every hour between 3 and 9pm. **Do not drink after midnight.**

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Please note:

Citra Fleet is a strong laxative. Be prepared for frequent bowel movements starting after the first dose. Do not take any solid food while taking this. The combination of not eating and the laxative effect of Citra Fleet may cause you to feel nauseous.