



113 Nationwide Drive Lynchburg, Virginia 24502

434-237-4091

## CT Colonography Bowel Cleansing Preparation

Your *CT Colonography* is scheduled at:

**Central Virginia Imaging** located at **113 Nationwide Drive** for **8:00 a.m.**

### 2 Days before Exam: Do Not Eat:

Nuts, dried fruit, fruits or vegetables with seeds, corn, popcorn, milk or dairy products, or raw vegetables for the *next 2 days*. **You may otherwise have a normal breakfast, lunch, and dinner.**

### Day before Exam:

- First thing in the morning mix your **GoLyteLy/CoLyte** powder with 1 gallon of warm water. Shake well and refrigerate all day.

**\*\*You will have a clear liquid diet today for breakfast, lunch, and dinner \*\***

- \* **No solid foods, No milk or other dairy products. Follow the clear liquid diet below. \***

**Beverages:** Water, clear fruit juices carbonated beverages, coffee or tea (no milk added), vanilla ensure (not ensure plus) as a dietary supplement

**Desserts:** Plain gelatin desserts (no additives), clear water ices, popsicles

**Soups:** Clear broth and bouillon

**Sweets:** Hard candy

- 4:00 p.m. start drinking the **GoLyteLy/CoLyte** solution. Drink one 8 ounce glass every 10-15 minutes over a four hour time frame. Rapid drinking of each glass is recommended.
- You may experience some abdominal bloating and distention before the bowels start to move. If severe discomfort or distention occurs, stop drinking temporarily or drink each portion at longer intervals (15-20 minutes) until these symptoms disappear.

### Day of Exam:

- In a.m. take all blood pressure and heart medications