

PREPARATION FOR CT COLONOGRAPHY

Bowel Preparation at home

2 days before procedure

- *Low residue diet

1 day before procedure

- Follow these steps:

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| Breakfast | <ul style="list-style-type: none"> • *Low residue diet and • 1st bottle (20ml) TAGITOL barium sulphate. |
| Lunch | <ul style="list-style-type: none"> • *Low residue diet and • 2nd bottle (20ml) TAGITOL barium sulphate. |
| No solid food after lunch | |
| 2pm | <ul style="list-style-type: none"> • Drink laxative powder (Magnesium Sulphate) in 250ml glass of water • Followed by 1 glass of plain water (250ml) |
| 2-5pm | <ul style="list-style-type: none"> • Consume at least 4-8 glasses of **clear fluid |
| 5pm | <ul style="list-style-type: none"> • Take all 4 Bisacodyl tablets |
| No solid food after dinner | |
| 7pm | <ul style="list-style-type: none"> • Finish 3rd bottle (20ml) TAGITOL barium sulphate |

- Always maintain **clear fluid intake to avoid dehydration.

On the day of procedure

- No solid food is allowed.
- 7am, insert suppository into rectum (anus).
- Allow ½ or 1 hour before emptying yr bowel.

*Low residue diet

**Clear fluid

| Avoid | Can be taken | No | Yes |
|--|---|---|---|
| <ul style="list-style-type: none"> • Vegetables • Fruits • Cereals • Dairy products • Oily/fatty food | <ul style="list-style-type: none"> • Clear soup • Lean meat • Steamed fish • Boiled rice • Boiled potato • Porridge | <ul style="list-style-type: none"> • Milk • Creamer • Red / purple juice • Drinks with pulp | <ul style="list-style-type: none"> • Clear soup • Glucose drink • Apple / White grape juice • Isotonic drink • Sodas |