

How to Prepare for Your Virtual Colonoscopy

Abnormal Renal Function Prep

To prepare for your virtual colonoscopy exam, please follow the instructions below carefully.
For this multi-step bowel prep, you will need to pick up some medications from our facility prior to your exam.

If you have any questions, please call **212.746.6000**.

Pick up at Weill Cornell Imaging at NewYork-Presbyterian:

- READI-CAT®
- Diatrizoate (Gastrografin®)
- Bisacodyl tablets (ex: Dulcolax®) (4 tablets)
- MiraLAX® (8.3 oz bottle)

Day BEFORE Exam

- DO NOT eat ANY solid foods. Drink ONLY LIQUIDS for breakfast, lunch, dinner and snacks. Drink plenty of fluids throughout the day to avoid dehydration and help bowel cleansing
- Liquids may include:
 - Gatorade®, PowerAde® (drinks with electrolytes are highly recommended)
 - Water, tea, or coffee (NO cream or milk; sugar is Okay)
 - Bouillon or broth
 - Jell-O®, Popsicles® (NO fruit or cream added)
 - Juice, Lemonade (NO pulp), Iced Tea
 - Soda such as Sprite®, 7-Up®, Ginger Ale or Cola
 - Clear hard candy, gum

STEP 1: 8 AM – Take four (4) Bisacodyl tablets (5 mg each) with 1 glass (8 oz) of clear liquids

9 AM – Drink the READI-CAT® 450 mL smoothie

STEP 2: 4 PM – Mix the 238 g bottle (8.3 oz) of MiraLAX® in 64 oz (2 liters) of Gatorade or water. Shake the solution until the MiraLAX® dissolves. Drink an 8 oz glass every 10-15 minutes until the solution is gone.

STEP 3: 9 PM – 10 PM – Choose ONE option below:

Option A: Drink 2 bottles (30 ml each) of Gastrografin® undiluted. You may find that it taste better if you quickly drink it and then follow with 1 glass of clear juice, soda or water. This will dilute the medicine in your stomach.

Option B: Mix 2 bottles (30 ml each) of Gastrografin® in 1 glass (8 oz) of clear juice, soda or water. If you dilute the medicine, you must be able to drink the entire amount.

You may drink small amounts of clear liquids until midnight. Do not eat or drink anything after midnight.

Bowel Prep is now COMPLETE

Day OF Exam

- Do not eat or drink anything after midnight on your exam day.
- You may take your daily medicines as prescribed with small sips of water.
- If you have not been able to have a bowel movement or to finish the preparation kit, please call to reschedule the exam for a later date.
- **If you have diabetes:** Test your blood glucose level more often when you cannot eat as well as before your exam. You should adjust your insulin or oral diabetes pills as discussed with your doctor. If your blood sugar is low (less than 70 mg/dl) or if you have symptoms, please drink a clear liquid that contains sugar or sugar tablets. Always recheck your blood sugar level to make sure that it stays above 70. We can still do the exam unless you need to eat solid food to maintain your blood sugar.

You may resume your normal diet and activity following the exam

Weill Cornell Imaging