

				☐ 2141 K Street, NW, Suite 900, Washington, DC 20037
PATIENT NAME:				Tel 202-223-9722 / Fax 202-659-2819
APPOINTMENT:				☐ 21351 Ridgetop Circle, Suite 150, Sterling, VA 20166
	day	date	time	Tel 571-434-0140 / Fax 571-434-0144

# PREPARATION FOR VIRTUAL COLONOSCOPY

PLEASE NOTE: To ensure the highest quality study, it is very important that you strictly follow the directions below.

The prep consists of 4 parts: 1. Follow the low fiber/low residue diet which begins 3 days before your Virtual Colonoscopy.

- 2. Drink the Barium Smoothie.
- 3. Take the Suprep.
- 4. Drink the MD-Gastroview or Gastrografin oral contrast agent.

## Before you can prepare for this exam, you must first:

- 1. Pick up from a Washington Radiology office one bottle of flavored Barium Smoothie, and one bottle of MD-Gastroview or Gastrografin.
- 2. Pick up Suprep from your pharmacy. Our office will call in a prescription.

If you have a history of severe constipation or have had difficulty with bowl preparation previously, please speak with your physician or with one of the Washington Radiology physicians before taking this preparation.

## ■ Three days before your exam:

A low fiber/low residue diet is required for best results beginning 3 days prior to your Virtual Colonoscopy. Follow this diet for two days, and then have only clear liquids the day before the exam. For example, if your Virtual Colonoscopy study is on Thursday, you would follow the low fiber/low residue diet on Monday and Tuesday, and then have clear liquids only on Wednesday. Recommended and non-recommended low residue foods are listed on the back of this page.

## ■ Two Days before your exam:

- · Follow the low residue diet all day.
- Drink half a bottle of Barium Smoothie at lunch.

#### ■ The day before your exam:

- Do not eat any solid foods; drink only clear liquids.\*
- Drink the other half bottle of Barium Smoothie at lunch.
- Take the Suprep that you purchased from the pharmacy. Follow the directions in the box on how to mix and take the Suprep. However, do not follow the directions on timing that are listed on the box and in the included instructions. Instead take the first bottle of Suprep around 4 pm or as your schedule permits. Three hours later mix and drink the second bottle of Suprep. Be sure to follow the included instructions to drink additional glasses of water after each of the two doses.

**Virtual Colonoscopy performed at these locations:** 

 Once you have completed successful cleansing of your colon, drink the entire 30 ml bottle of the MD-Gastroview or Gastrografin mixed with either Sprite, Ginger Ale, Cranberry or other juice of your choosing.

## ■ The morning of the exam:

• Do not eat any solid foods; drink only clear liquids.\*

### PREPARATIONS MAY BE PICKED UP AT ANY OF THE FOLLOWING LOCATIONS:

2141 K Street, NW, Suite 900, Washington, DC 20037
4445 Willard Avenue, Suite 200, Chevy Chase, MD 20815
10215 Fernwood Road, Suite 103, Bethesda, MD 20817
12505 Park Potomac Avenue, Suite 120, Potomac, MD 20854
21351 Ridgetop Circle, Suite 100, Sterling, VA 20166
3022 Williams Drive Suite 200 Fairfax VA 22031

<sup>\*</sup> Suggested clear liquids include: coffee; tea with sugar but without milk, cream or whitener; soft drinks; consommé; clear fruit juices (no pulp) such as apple, cranberry, grape and strained orange juice.

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LOW RESIDUE DIET					
FOOD GROUP	RECOMMENDED	AVOID			
Milk & milk products (2 or more cups daily)	All milk products				
Vegetables (3 or more servings daily)	Lettuce; vegetable juice without pulp; the following cooked vegetables: yellow squash(without seeds), green beans, wax beans, spinach, pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots	Vegetable juices with pulp, raw vegetables except lettuce, cooked vegetables not on RECOMMENDED list			
Fruits (2 or more servings daily)	Fruit juices without pulp, canned fruit except pineapple, ripe bananas, melons	Fruit juices with pulp, canned pine- apple, fresh fruit except those on RECOMMENDED list, prunes, prune juice, dried fruit, jam, marmalade			
Starches-bread & grains (4 or more servings daily)	Bread and cereals made from refined flours, pasta, white rice	Whole-grain breads, cereals, rice, pasta; bran cereal; oatmeal			
Meat or meat substitutes (5 to 6 oz daily)	Meat, poultry, eggs, seafood	Chunky peanut butter, nuts, seeds, dried beans, dried peas			
Fats and oils (servings depend on caloric needs)	All oils, margarine, butter	Coconut			
Sweets and desserts (servings depend on caloric needs)	All not on AVOID list	Desserts containing nuts, coconut			
Miscellaneous	All not on AVOID list	Popcorn, pickles, horseradish, relish			

SAMPLE MENU				
BREAKFAST	LUNCH	DINNER		
Orange juice 1/2 cup	Fish 3 oz	Chicken breast 3 oz		
Cornflakes 1 cup	Mashed potatoes 1/2 cup	Medium baked potato without skin		
Poached egg	Cooked green beans 1/2 cup	Cooked carrots 1/2 cup		
White toast 1 slice	White bread 1 slice	White bread 1 slice		
Margarine 1 tsp	Margarine 1 tsp	Margarine 1 tsp		
Jelly 1 Tbsp	Jelly 1 Tbsp	Jelly 1 Tbsp		
Skim milk 1 cup	Applesauce 1/2 cup	Canned peaches 1/2 cup		
Coffee 3/4 cup	Coffee 3/4 cup	Skim milk 1/2 cup		
Sugar 1 tsp	Sugar 1 tsp	Coffee 3/4 cup		
Non-dairy creamer Non-dairy creamer		Sugar 1 tsp		
Salt/pepper	Salt/pepper	Non-dairy creamer		
		Salt/pepper		