KAISER PERMANENTE®

CT Colonography Prep Instructions

It is very important to follow the below prep instructions prior to your CT Colonography procedure.

Three days before the CT Colonography exam

Start a low fiber food plan. Follow this food plan for two days. Only have clear liquids the day before the exam. For example, if your test is on Tuesday, start the low fiber food plan on Saturday and Sunday. On Monday, drink clear liquids.

Low fiber food plan food choices.

Dairy products you eat • All milk products	*Meat or Meat Substitute you may eat* • All meat, poultry, eggs, seafood
Fruits and Vegetables you can eat • Lettuce, cooked vegetables (yellow squash without seeds, green beans, wax beans, spinach, eggplant, potatoes without skin, asparagus beets, carrots), ripe bananas, melow, fruit juices without pulp, canned fruit (except pineapple) *Do Not Eat* • Fruit juices with pulp, raw vegetables except lettuce, cooked vegetables not listed, canned pinapple, fresh fruit except those listed prunes, prune juice, dried fruit, jam, marmalade	*Starches, Bread, and Grains you may eat* • White rice, white bread *Do Not Eat* • Whole grain breads, cereals, brown rice, pasta, oatmeal
Other Food Items you may eat • Desserts without nuts or coconut, all oils, margarine, butter	*Other Food Items you do not eat* • Coconut, coconut oil, peanut butter, nuts, seed

Two days before the CT Colonography exam

- Stay on the low fiber food plan all day.
- Take 2 tablets of Dulcolax (5mg) orally at 9 a.m.

The day before your exam

- Do not eat any solid foods; drink only clear liquids
- Take Colyte prep prescribed by your doctor at 2pm - drink 8 ounces every 15 minutes until 4 liters are consumed. You can add flavor (such as crystal light) for better tolerance. Follow the directions that come with the bowel prep. If you have questions about the bowel prep, call your doctor.
- At 9 p.m., drink the whole 30 milliliter bottle of Gastrografin mixed with 8 ounces of either Sprite, Ginger Ale, or other juice of your choice.