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Istituto Clinico Città Studi

Servizio di Diagnostica per immagini
Responsabile Dott.ssa Federica Galli

PATIENT PREPARATION AND INSTRUCTIONS FOR CT COLONOGRAPHY (VIRTUAL COLONOSCOPY)

A virtual colonoscopy is a computer simulation of a traditional colonoscopy. It comprises an abdominal CT scan to be performed in both prone and supine positions after entering the colon via a small catheter inserted into the rectum.

It is important to follow these simple guidelines in order for the test to be successful.

- On the three days before the test the patient should follow a clear liquid diet (see attached schedule).
- On the day before the appointment at 10.00 a.m. the patient should take 4 tablets of DULCOLAX together, and at 7 pm they should drink 2 litres of water with 4 sachets of LOVOLESSE dissolved in it.

The product will cause painless but significant diarrhoea which in the end will comprise mainly clear water. Do not take any other laxatives.

On the day of the appointment the patient should fast beforehand for 6 hours and arrive at the CT scan room at around 8.30 am.

Notes: Patients suffering from constipation must follow the instructions below:

For the 3 days before the procedure take 1 tablet of DULCOLAX in the morning, 1 sachet of ONLIGOL in the morning and 1 in the evening, each dissolved in 250 cc of water.

On the day of the test the patient must bring all their medical records that relate to the clinical problem being tested.

Patients should also carefully read carefully the INFORMATION SCHEDULE attached and return it signed on the day of the appointment.



| <u>FOODSTUFFS</u> | <u>FOODS ALLOWED</u> | <u>FOODS TO AVOID</u> |
|----------------------------------|---|--|
| STARCHY FOODS | Bread flour 00, crackers, biscuits | Wholemeal wheat products, bakery products that contain bran, corn products, oatmeal, whole grain cereals, pasta |
| SWEETS | Plain cake and biscuits, water ice, low-fat natural yoghurt, custard, jelly and ice cream without chocolate or nuts | Chocolate, nothing containing wholemeal wheat flour, seeds, coconut, yoghurt with pieces of fruit, dried fruit, nuts or popcorn |
| FRUIT | Ripe bananas, syrups | Dried fruits, soft red fruits, uncooked fruit, nuts, seeds |
| VEGETABLES | White boiled potatoes without peel, carrots | Everything else included fried or raw vegetables, broccoli, cabbage, cauliflower, spinach, peas, sweetcorn and vegetables with seeds |
| DRESSING | Margarine, oil, light mayonnaise | Butter, lard and anything containing foods already mentioned |
| MEAT AND MEAT SUBSTITUTES | Chicken and turkey, fish, seafood, eggs and light cheese | Red meat, beans, peas, pulses, peanut butter, whole milk cheese |
| SOUPS | Vegetable soup (carrots or potatoes), without the vegetable solid part | Pureed vegetables |
| DRINKS | Skimmed milk, decaffeinated drinks, drinks with a very low caffeine quantity, fruit juices without pulp | Espresso coffee, cappuccino, whole milk fruit juices with pulp and alcoholic drinks |



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INFORMATION SCHEDULE CT COLONOGRAPHY (VIRTUAL COLONOSCOPY)

What is a virtual colonoscopy?

Virtual colonoscopy is a 20-minute procedure which uses x-rays to study the lining of all the large intestine and look for any tumours. The test is carried out using Computerised Axial Tomography (CAT) equipment. CT is a technique that uses ionizing radiation to obtain detailed images of specific parts of the body. After undressing and putting on a hospital gown provided by the healthcare staff, you will be asked to lie on the CT examination table and a small flexible rubber tube with holes at the end will be inserted into your rectum. Air is pumped through the tube in order to inflate the colon. Unless the colon is stretched polyps cannot be seen. Introduction of the tube is generally well tolerated and only rarely causes any pain. In some cases a muscle relaxant, normally Buscopan, is given intravenously. The CT scan is carried out first in a prone position then when supine, with a very low dose of x-rays. The data collected is sent to a computer that gives the radiologist a 3D image of the patient's colon (comparable with the endoscopic view in a normal colonoscopy). Any polyps shown by the test are classified by the radiologist. On the three days before the appointment you will have to follow a clear liquid diet with a mild laxative. On the day of the exam you will be asked to drink half a litre of water with a bit of iodinated contrast agent added to distinguish any faeces from the rest of the colon and make it easier to see any tumours. More detailed instructions regarding the bowel preparation will be given when booking the CT procedure. A perfect cleansing is essential for a successful examination. If you take oral medication (for high blood pressure or diabetes for example), continue to take it as normal on the day of the procedure. You may resume normal activity after the procedure and eat as normally unless otherwise instructed by the radiologist who performs the procedure. You may feel bloated after the procedure, but this usually disappears by itself. If it lasts or if you have abdominal pain or blood in your stool go immediately to the nearest emergency room bringing all your clinical documentation.

Virtual colonoscopy benefits

CT colonography allows you to:

- Identify more than 90% of the polyps of at least one centimetre, which are the most dangerous to health because they can frequently become malignant.
- Identify a cancer lesion at an early stage, allowing the care therapies with less trauma and at the same



time increase the chance of recovery.

CT colonography also:

- Is a minimally invasive examination.
- Allows radiologists to evaluate abdominal areas outside the bowel (kidneys, liver, etc.)

The acceptability of VC

Virtual Colonoscopy is usually very well tolerated by patients, and only occasionally causes short-term discomfort that resolves spontaneously and quickly at the end of the examination with the expulsion of the air introduced.

The risks of virtual colonoscopy

The Virtual Colonoscopy is a safe examination, with a very low percentage of risks of complications. One of the risks of the procedure is the perforation of the bowel (which can occur either at the time of the introduction of the thin tube or during air insufflation). The risk of perforation of the colon is about 1 in 59,000 examinations. Very rarely vaso-vagal reactions have been reported (especially related to the use of Buscopan).

The examination is performed with a very low dose of x-rays and so the risk that there may be negative consequences on the organism from radiation is very limited.

The limits of VC

It is important to know that the virtual colonoscopy, like any other examination, cannot provide absolute protection. The examination does not detect small polyps (<6 mm) which have a very small chance of turning into malignant tumours. Moreover, in a small percentage of cases it may not identify polyps or tumours that have a shape that does not allow them to be distinguished from the contour of the intestinal wall.

For this reason it is important to immediately consult your family doctor if there are symptoms such as: presence of blood in the stool, persistent alternating diarrhoea / constipation persistent also in the period after the examination and even if the results were negative.



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Moreover, in about 10% of patients who undergo virtual colonoscopy some polyps are found that need to be explored using a slightly more invasive examination: a colonoscopy.

The colonoscopy allows the polyps to be removed and has a duration of about 30 minutes.

I declare that I have read and understood the content of this statement.

Date _____

Patient's last name and name

Patient's signature

Date _____

Legible signature of the radiologist





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CONSENT

With this statement, which represents my complete, free and unconditional will, I, the undersigned

| | |
|---|---|
| <input type="checkbox"/> Consent | <input type="checkbox"/> Do not consent |
| Date _____ | Date _____ |
| Signature of Patient, Trustee, Parent _____ | Signature of Patient, Trustee, Parent _____ |
| Doctor's signature _____ <i>(stamp, registration no., legible signature)</i> | Doctor's signature _____ <i>(stamp, registration no., legible signature)</i> |

to have a VIRTUAL COLONOSCOPY, after having received adequate information from Doctor _____ and having understood it.

I have been also informed about the possibility of withdrawing my consent to this examination at any time.

For women of childbearing age:

I, the undersigned declare that I am not pregnant, nor is there any doubt that I might be pregnant at the time of the examination.

Declarant information:

Patient

Incapacitated patient's trustee;

Minor patient's parents with parental authority

Write declarant's name and last name and date of birth in capital letters, if different from the patient's

Signature of the other parent _____

In the event that only one of those with parental authority signs, the signatory hereby states that they jointly exercise parental authority, or that they are the only one with parental authority, hereby exempting the hospital and its doctors from any liability and for any acts resulting from false declaration and assuming liability thereof. In the event that only one of the people having parental authority signs, the signature of both people with parental authority will be necessary, or a power of attorney from the person with parental authority who has not signed or a statement in which they authorise the right to sign the consent to the other parent who must also bring authentication of the signature in said statement.

The name of any intermediary / interpreter used _____

