

## CT Colonoscopy

### What is a CT Colonoscopy?

CT Colonoscopy uses special x-ray equipment to examine the large intestine. During the exam, a small tube is inserted a short distance into the rectum to allow for inflation with air while CT images of the colon and the rectum are taken.

### What preparation is required?

Moviprep kit to be purchased from chemist prior to commencing preparation.

Preparation takes 3 days and includes a special low residue diet which must be followed prior to the examination. Please note, if the bowel is not adequately cleansed the examination may have to be repeated.

**\*\*Please see Large Bowel preparation/diet sheet\*\***

### What documentation is required?

Bring your referral and any relevant previous images for comparison. These examinations must meet certain Medicare criteria and may not attract a rebate.

### What you need to tell us prior to your appointment?

At the time of arranging your appointment, please advise us if you are a diabetic, if you may be pregnant, if you have any allergies or a recent history of peptic ulcers.

### What will happen during the procedure?

Prior to the examination you will be asked to change into a gown, and then directed to lie on a table. A small, flexible, lubricated tube will be placed into your rectum.

An injection of Buscopan may then be given to relax the colon to reduce discomfort and improve the image quality. This injection may cause temporary blurring of vision, and if this is the case you should not drive a car until your vision has returned to normal.

Air is passed into the bowel via this tubing and you may feel a "bubbling" sensation.

You will be asked to roll into a variety of positions to make sure that your bowel is well coated with the mixture which will assist in getting clear images. You may be asked to hold your breath for several seconds to assist in the securing of clear images.

### How long will the procedure take?

The scan itself usually takes approximately 15 – 30 minutes, but it does take some hours to create the 3D image of the bowel and to examine it closely.

### What can you expect after your examination?

Once the examination is complete, most of the fluid and air is drained away before the tube is removed. You will be able to go to the toilet before dressing.

There should be no ill effects after the examination, some cramping discomfort may be experienced for a short period of time. Normal diet can be resumed immediately.

### Are there any risks?

You will receive a small dose of xray radiation during the procedure. CT uses xrays to produce 2D and 3D images. The amount of radiation used is kept to an absolute minimum.

However, please advise the radiographer if you are, or think you may be, pregnant.

### What happens with the images and report?

As CT examinations often involve a complex array of images processing and reporting may take some time. Thus, it is recommended that you discuss collection of the images with the reception staff.

A report will be provided directly to your referring doctor.

We will store digital copies of all studies and reports on our secure patient information system for comparison with any future examinations.

## Large Bowel Preparation/Diet

### MOVIPREP KIT TO BE PURCHASED FROM CHEMIST PRIOR TO COMMENCING PATHOLOGY

IF YOU HAVE PRE-EXISTING HEALTH ISSUES (DIABETES, RENAL FUNCTION) THAT MAY BE EFFECTED WITH THIS PREPARATION, PLEASE CONTACT YOUR GP TO MONITOR AND ADVISE YOU HOW TO BEST FOLLOW THESE INSTRUCTIONS

**Please disregard MOVIPREP dietary guidelines and follow ours below.**

**Do not drink carbonated drinks as this can lead to excess gas in the small bowel. This may lead to examination and reporting difficulties.**

#### Timeline

<b>Day 1</b>	Commence low residue diet and plenty of fluids.
<b>Day 2</b>	Continue low residue diet and plenty of fluids.
<b>Day 3 ALL DAY</b>	Clear fluids only. For example: <ul style="list-style-type: none"> <li>• Water/clear soup</li> <li>• Tea or coffee without milk or non-dairy creamer</li> <li>• All of the following juices which are not coloured red or purple – fruit juices without pulp, non-carbonated soft drinks, fruit flavoured cordials. No drinks coloured red or purple.</li> </ul>
<b>Day 3 12 NOON</b>	Step 1: Make and drink first litre of the MOVIPREP (Sachet A&B) from one clear bag. Drink the first litre over one to two hours (glassful every 10-15 minutes).  Step 2: When finished first litre, make up and drink second litre of the MOVIPREP (Sachet A&B) from the remaining clear bag. Drink this second litre over one to two hours (glassful every 10-15 minutes). Continue drinking clear fluids only for the remainder of the day.
<b>Day 4 DAY OF EXAMINATION</b>	On the morning of the examination, have nothing to eat or drink. Diabetics should bring medication and a snack for after the procedure.

#### Low residue diet:

Food Group	Allowed	Not Allowed
<b>Carbohydrates</b>	White rice, white spaghetti, white bread	Wholemeal bread or wholemeal products, cereals or muesli
<b>Vegetables</b>	None	All
<b>Fruit</b>	None	All
<b>Dairy</b>	Polyunsaturated margarine, skim milk (limited to 2 cups per day)	Whole milk/cream or foods made with them eg cheese, yoghurt
<b>Protein</b>	Lean meat or chicken, eggs, fish	Nuts, seeds, processed meat
<b>Desserts</b>	Jelly, junket, pancakes, pikelets, plain scones	Ice cream
<b>Beverages</b>	Water, tea, coffee, clear soup, strained fruit juice (no pulp), fruit flavoured cordial	Carbonated drinks, any drinks coloured red or purple
<b>Miscellaneous</b>	Honey, vegemite, mild herbs/spices	

**Fluid intake:** It is **extremely important** to drink at least 1-1½ litres of water each day. Adequate fluid intake decreases the discomfort often associated with this preparation.

**Medication:** It is **extremely important** to continue taking your prescribed medication.