

CT Colonography Patient Instructions

CT Virtual Colonography

At least 7 DAYS before your appointment:

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified about your appointment.

Ask your doctor right away about **BLOODWORK** you may need before your appointment, or **MEDICATIONS** you may need to change. Bloodwork must be done in the 3 months before your appointment. **If not complete, you will be rebooked.**

- **Pick up your CT COLONOGRAPHY BOWEL PREPARATION KIT:** Contact Diagnostic Imaging at the number provided above if you do not know where to pick up your kit or are allergic to the kit ingredients.
- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Know if you're pregnant:** You CANNOT have this exam if you're pregnant. Consult with your doctor before proceeding with your appointment.
- **Consult your diabetes care provider:** If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. www.ipumpit.ca
- **Remove your continuous glucose monitoring device (CGMD):** If you have a CGMD and it is in the area being imaged, the device may be damaged during your appointment. If the device is imaged, you will need to do finger prick readings, along with your CGMD readings, to ensure it is not damaged.
 - Alberta Health Services will not cover the cost of a replacement CGMD.
 - If you do not know if you need to remove your device or cannot follow these instructions, contact Diagnostic Imaging at the number provided above.

2 DAYS before your appointment:

- Follow the instructions in your CT COLONOGRAPHY BOWEL PREPARATION KIT.
- DO NOT have barium 48 hours before your appointment.
- Continue to take prescribed medication, as directed by your doctor.

BRING to your appointment:

- Current list of medications (prescription and over the counter).
- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer

- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

DO NOT bring:

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

AT your appointment:

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.
- You will have a small flexible tube inserted into your rectum. This tube allows air to be pumped into the colon, which will help make your bowel walls more visible in images.
- Your appointment will take up to 1 hour.

AFTER your appointment:

- You may not be able to return to your normal activities for several hours after your appointment. The bowel preparation may continue to cause frequent bowel movements.