

Computed Tomography (CT) Colonography

Adult (18 years and over) | Informed consent: patient information

A copy of this patient information sheet should be given to the patient/substitute decision-maker to read carefully and allow time to ask any questions about the procedure. The patient information sheet should be included in the patient's medical record.

In this information sheet, the word 'you' means the patient unless a substitute decision-maker is providing consent on behalf of the patient, in which case the word 'you' means the substitute decision-maker when used in the context of the person providing consent to the procedure.



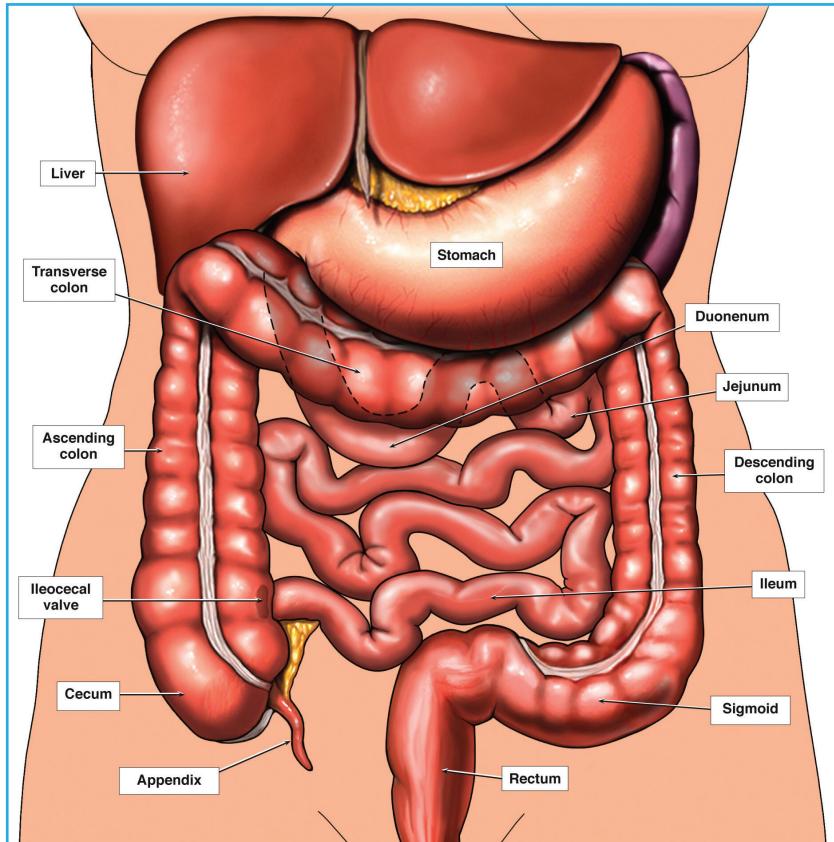
1. What is a Computed Tomography (CT) colonography and how will it help me?

Computed Tomography (CT) scans produce cross-sectional images of the body using x-ray radiation.

The CT machine looks like a large doughnut with a narrow table in the middle. The table moves through the circular hole in the centre of the scanner. The CT machine is open at both ends.

CT colonography shows the wall of the colon (large bowel). CT images are taken after placing a small tube into the rectum and inflating the bowel with air.

*Image: Anterior view of the anatomy of the abdomen. Illustration Copyright © 2019 Nucleus Medical Media. All rights reserved.
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Preparing for the procedure

The Medical Imaging department will give instructions about how to prepare for the procedure. It is important to follow the instructions that are given to you. Your procedure might be delayed if you don't follow all of your preparation requirements.

You will be required to do some bowel prep for the CT colonography. You may be provided with a bowel preparation kit or given instructions on what you need to do prior to the scan. If you believe you may be unable to complete the bowel preparation or that it has been unsuccessful, please inform the Medical Imaging department staff as early as possible. There may be alternate preparations available.

Please tell the staff if you are breastfeeding or pregnant, or suspect that you may be pregnant.

No anaesthetic is required for a CT colonography scan.



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During the procedure

You will be required to change into a hospital gown and remove some of your jewellery.

A small, lubricated tube will be gently inserted a short way into your rectum in order to inflate your bowel with air.

Once the bowel is filled with air, the CT scan will be performed. You may be required to roll into different positions between scans.

During the scan, the table will move through the CT scanner and a whirring or humming sound may be heard.

You should remain as still as possible, as the slightest movement can blur the images.

You will be asked to hold your breath for up to 20 seconds.

Staff will not be in the room while the CT is taking images, but they will be able to see you through a large glass window and speak with you via intercom.

This procedure usually takes approximately 30 minutes.

Most people experience a feeling of fullness or mild discomfort during the procedure.

Some people experience (temporary) abdominal cramping. If required, you may be offered a muscle relaxing drug to relieve discomfort.



2. What are the risks?

In recommending the procedure, the doctor/clinician believes that the benefits to you from having the procedure exceed the risks involved. There are risks and possible complications associated with the procedure which can occur with all patients – these are set out below. There may also be additional risks and possible complications specific to your condition and circumstances which the doctor/clinician will discuss with you. If you have any further concerns, please ensure that you raise them with the doctor/clinician.

Common risks and complications

- no known common risks.

Uncommon risks and complications

- the procedure may not be possible due to medical or technical reasons
- the procedure may need to be postponed if adequate bowel preparation/cleansing has not been achieved.

Rare risks and complications

- injury to the bowel by the tube or by inflating the bowel with air. This may require other procedures and/or corrective surgery
- infection, requiring antibiotics and further treatment
- bleeding from the bowel. This may require other procedures and/or corrective surgery
- death because of this procedure is very rare.

Risks of radiation

The risks of radiation exposure from this procedure need to be compared to the risks of your condition not being treated. Exposure to radiation may cause a slight increase in the risk of cancer to you over your lifetime. However, the potential risk is small compared to the expected benefit of this procedure¹.

What are the risks of not having CT colonography?

There may be adverse consequences for your health if you choose not to have the proposed procedure. Please discuss these with the referring doctor/clinician.



3. Are there alternatives?

Making the decision to have a procedure requires the patient/substitute decision-maker to understand the options available. Please discuss any alternative procedure options with your referring doctor/clinician.



4. What should I expect after the procedure?

The small tube will be removed. Please keep in mind that you will continue to pass some of the air for a short time after the procedure.

Go to your nearest Emergency department or GP if you become unwell or have:

- pain, unrelieved by simple pain killers
- bleeding from the rectum (more than $\frac{1}{2}$ cup)
- fever.



5. Who will be performing the procedure?

Radiographers, doctors, nuclear medicine technologists, sonographers, nurses, and medical imaging assistants make up the medical imaging team. All or some of these professionals may be involved in your procedure.

A doctor/clinician other than the consultant/specialist may assist with/conduct the clinically appropriate procedure. This could include a doctor/clinician undergoing further training, however all trainees are supervised according to relevant professional guidelines.

If you have any concerns about which doctor/clinician will be performing the procedure, please discuss this with the doctor/clinician.

For the purpose of undertaking professional training in this teaching hospital, a clinical student(s) may observe medical examination(s) or procedure(s) and may also, subject to your consent, assist with/conduct an examination or procedure on a patient.

You are under no obligation to consent to an examination(s) or a procedure(s) being undertaken by a clinical student(s) for training purposes.

If you choose not to consent, it will not adversely affect your access, outcome or rights to medical treatment in any way.

For more information on student care, please visit www.health.qld.gov.au/consent/students.



6. Where can I find support or more information?

Hospital care: before, during and after is available on the Queensland Health website www.qld.gov.au/health/services/hospital-care/before-after where you can read about your healthcare rights.

You can also see a list of blood thinning medications at www.health.qld.gov.au/consent/bloodthinner.

Further information about informed consent can be found on the Informed Consent website www.health.qld.gov.au/consent. Additional statewide consent forms and patient information sheets are also available here.

Staff are available to support patients' cultural and spiritual needs. If you would like cultural or spiritual support, please discuss this with your doctor/clinician.

Queensland Health recognises that Aboriginal and Torres Strait Islander patients will experience the best clinical care when their culture is included during shared decision-making.



7. Questions

Please ask the doctor/clinician if you do not understand any aspect of this patient information sheet or if you have any questions about your medical condition, treatment options and proposed procedure.

If you have further questions prior to your appointment, please contact the Medical Imaging department via the main switchboard of the facility where your procedure is booked.



8. Contact us

In an emergency, call Triple Zero (000).

If it is not an emergency, but you have concerns, contact 13 HEALTH (13 43 25 84), 24 hours a day, 7 days a week.

References:

1. Australian Radiation Protection and Nuclear Safety Agency (ARPANSA) Ionising radiation in our everyday environment www.arpansa.gov.au