

Fistulogram/Sinogram

Adult and Child/Young Person | Informed consent: patient information

A copy of this patient information sheet should be given to the patient or substitute decision-maker or parent/legal guardian/other person* of a child or young person 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, parent, legal guardian or other person is providing consent on behalf of the patient, in which case the word 'you' means the substitute decision-maker, parent, legal guardian or other person when used in the context of the person providing consent to the procedure.

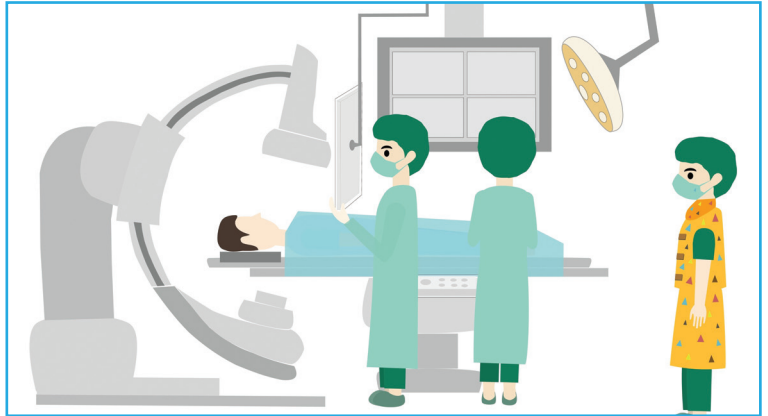


1. What is a fistulogram/sinogram and how will it help me?

A **fistulogram** or **sinogram** is an x-ray procedure to view an abnormal passage (known as a fistula or sinus) between two or more organs/structures. It may include a passage from inside the body to an opening on the skin.

This procedure is done using fluoroscopy. Fluoroscopy is an imaging technique that uses x-rays to create moving images of the inside of your body.

Iodinated contrast (also known as x-ray dye) is used to identify the beginning of the fistula/sinus, its pathway and which organs/structures are involved.



*Image: Clinicians and a patient with fluoroscopy machine in hospital.
ID: 2185511809. www.shutterstock.com*

Preparing for the procedure

The Medical Imaging department will give you instructions on how to prepare for the procedure. Your procedure might be delayed if you don't follow all of your preparation requirements.

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

For a parent/legal guardian/other person of a patient having a fistulogram/sinogram

To prepare the patient for this procedure and to ease their concerns, tell them what they can expect to happen during the procedure. This information sheet will assist you with this.

We welcome your help and support in preparing the patient for the procedure and in explaining why it's so important to lie still. At the discretion of the procedure staff a parent/adult (unless pregnant) may be invited into the procedure room to support the patient.

Other children are not allowed into the procedure room, and they must be supervised at all times by another parent/adult.



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During the procedure

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

It is important to lie very still during the procedure. Supporting straps, foam pads and light weights may be used to help support you.

X-ray images are taken of the fistula/sinus area.

A small tube is then inserted into the opening of the fistula/sinus.

Iodinated contrast is injected into the fistula/sinus through the tube and images are taken. This allows the size, shape and location of the fistula/sinus to be seen.

The tube is then removed and more x-ray images may be taken.



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

- minor pain, bruising and/or infection from the tube insertion. This may require treatment
- bruising is more common if you have been taking blood thinning medicines, such as warfarin, aspirin, clopidogrel (Plavix, Iscover, Coplavix), prasugrel (Effient), dipyridamole (Persantin or Asasantin), ticagrelor (Brilinta), apixaban (Eliquis), dabigatran (Pradaxa), rivaroxaban (Xarelto) or complementary/alternative medicines, such as fish oil and turmeric.

Uncommon risks and complications

- the procedure may not be possible due to medical and/or technical reasons
- allergic reaction to the contrast. This could result in a rash, hives, itching, nausea, fainting or shortness of breath. Medication may be given to relieve this.

Rare risks and complications

- perforation of the fistula/sinus opening. This may require surgery and/or antibiotics
- 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 a fistulogram/sinogram?

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 you to understand the options available. Please discuss any alternative treatment options with your doctor/clinician.



4. What should I expect after the procedure?

If your fistula/sinus is an abnormal opening on the outside of the body, your wound site will be cleaned and dressed.

If your fistula/sinus is inside your back passage or vagina, you will be able to go to the toilet to pass any remaining contrast.

The radiologist (doctor) will review the final images after the procedure and send the report to your treating team.

You will receive the results from your treating team at your next follow-up appointment. Please make an appointment if you do not already have one.



5. Who will be performing the 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 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, 2021. Available from www.arpansa.gov.au

* Formal arrangements, such as parenting/custody orders, adoption, or other formally recognised carer/guardianship arrangements. Refer to the Queensland Health 'Guide to Informed Decision-making in Health Care' and local policy and procedures.