

What are the risks of this exam?

- As with any X-ray procedure, patients are exposed to small amounts of radiation.

What are the benefits of this exam?

- This is a low dose scan that provides clearer, more detailed images than a barium enema exam which is sometimes used for colon screening.
- The risk of perforation during a CTC exam is less than a regular colonoscopy procedure.
- No sedation is required.
- CT colonography can be helpful when a regular colonoscopy (inserted scope with camera) cannot be completed because the bowel is narrowed or tortuous (too many bends/turns).
- Provides the radiologist with a view of your entire abdomen and the potential to identify other health issues.
- Requires less post-exam care. You will be able to leave hospital immediately after the exam, and in many cases, drive yourself home if needed.
- Uses less barium, which is a liquid used in other imaging exams. This will make recovery from the exam easier and you should be able to resume your normal activities following the exam.

Your appointment details

Pre-exam visit (to review test and timing of medications/preparations and to pick up the contrast media).

DATE _____ TIME _____

Exam (procedure)

DATE _____ TIME _____

Where to go

Check-in for all appointments **15 minutes before your scheduled time** at the CT reception desk located in WGH's new hospital wing.



Whitehorse General Hospital

Medical Imaging Department

5 Hospital Road, Whitehorse, Yukon

Phone: 867-393-8738 Fax: 867-393-8775

yukonhospitals.ca/wghmedicalimaging



Information about CT Colonography

What is CT colonography?

CT colonography (CTC) is a widely used test by hospitals across Canada for colon screening. The test uses a CT scanner and specialized computer software to make three-dimensional (3D) images of the colon and rectum. CT colonography can be used to screen for pre-cancerous and cancerous growths in the colon or rectum, such as polyps or tumors.



Whitehorse General Hospital
Medical Imaging Department

Colon cancer screening is an important part of routine health care, as it can lead to the early detection of growths in your colon (large intestine or bowel) called “polyps” which could become cancerous. Screening can ensure you get the treatment you need as soon as possible.

Colon screening can be done using a few different procedures, but your doctor has recommended you for a CT colonography exam.

If you are unsure or need more information, speak with your doctor about the risks and benefits to decide whether this test is the best option for you.

Our friendly and knowledgeable patient care team will help to ensure you know what to expect, have the information you need to prepare and make the exam as comfortable as possible.

We have provided answers to some common questions in this pamphlet.

How do I prepare?

CT colonography requires a similar colon cleansing preparation as a regular colonoscopy. As part of this preparation, you will be given some liquid to drink – this is called a contrast medium – which makes your colon easier to see in pictures. Below is an overview of the steps involved in CTC preparation, but you will receive more detailed instructions once your exam is booked.



1 Pick up the required medications from your local pharmacy (listed on your preparation sheet).



2 Attend your scheduled “pre-exam” visit.



3 Start preparation.



4 Come back to hospital for your test.

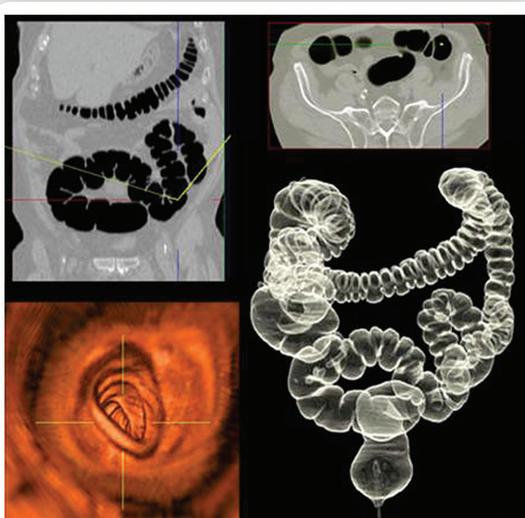


Photo Courtesy of Mayfair Diagnostics in Calgary

What can I expect?

The CT exam will take approximately 15-30 minutes. After registering for your appointment at the Medical Imaging department reception, you will be taken to a change room, where you will change into a hospital gown that is provided to you.

- Once inside the CT suite, the technologists will go over consent forms with you.
- You will require an IV (usually in the arm) as we may need to administer medications throughout the test.
- You will be asked to lie on your side on the exam table. A small tube is inserted into the rectum and carbon dioxide (CO₂) will be pumped through the tube until you feel full.
- You will then lie on your back and the table will slide into the CT scanner to take pictures of your abdomen.
- You will be asked to hold your breath while the pictures are taken to ensure the images are not blurry. You will then be asked to turn onto your stomach or a second set of images.
- After the test, you can resume your normal diet and medications. In most cases, you should be able to drive immediately afterwards.

When will I receive my results?

Your doctor will receive the results. Be sure to follow up with him/her. Depending on your results, you may need an additional screening exam or medical procedure.