

Bowel Preparation Instructions for Patient

(Patient to the appropriate boxes)

3 days before CT Scan Day: _____ (date)

- Take low residue diet.
Please avoid fruits, vegetables, seeds, nuts, high fibre and whole grain foods.

1 day before CT Scan Day: _____ (date)
(Prep Day)

- Take low residue diet** for breakfast and lunch.
 Take clear liquids only after lunch onwards (**NO** solid food).

Prep Day 8 am:

- Take 4 tablets Bisacodyl (5mg each). Do not crush or chew. Do not take within 1 hour of taking an antacid.

Prep Day 2 pm OR 2 hours after lunch:

- Start drinking PEG 4 litres: aim 250 mls every 15 minutes OR 1 litre per hour.**

Prep Day 4 pm:

After at least 2 litres PEG, stop if bowel movements are watery and free of solids. The color may be clear, yellow, green or tan, but must be see-through.

Otherwise continue to drink the rest of the PEG.

Time of finishing PEG: _____ (time)

PEG usually finished by 6pm. If not done yet, keep drinking.

1 hour after finishing PEG (must be after 7pm):

- Drink 1 bottle of Tagitol. _____ (time)

2 hours after drinking Tagitol: _____ (time)

- Drink 50mls of Omnipaque.

BOWEL PREP COMPLETE!

Clear feeds can be drunk as desired or within limits of fluid restriction (if any) until the fasting time.

CT Scan Day: _____ (date)

6 hours before appointment: _____ (time)

- Do not eat or drink 6 hours before appointment.**
 Take daily medicines as prescribed with small sips of water.

1 hour before appointment: _____ (time)

- Empty bowel and bladder within 1 hour of appointment.**

(Staff to the appropriate boxes)

Diabetic patients:

- Please stop all your diabetic medication (including insulin injections) while fasting. You may resume all your medication after the scan.
 With moderate renal impairment (eGFR 30 - 60 ml/min/1.73m²) – please stop the intake of Metformin 24 hours before the scan, and resume 48 hours after the scan.

Stop medication

Date: _____ Time: _____

Restart medication

Date: _____ Time: _____

- 1. Patients with asthma and multiple drug allergies**
2. Patients with previous minor reaction to injection of contrast media

Please obtain the following prescription from your referring doctor.

- 30 mg** prednisolone on the night before the scan.

Date: _____ Time: _____

- 30 mg** prednisolone on the morning of the scan.

Date: _____ Time: _____

Other special instructions:

Should you have any queries, please contact us at: (65) 6772 3700 or
DDI_enquiries@nuhs.edu.sg

Computed Tomography Colonography

Patient Information Leaflet

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OneNUHS General Enquiries: contactus@nuhs.edu.sg

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Please bring this leaflet on the day of your appointment

Computed Tomography (CT) Colonography is the use of X-rays to obtain an insight into the colon (large intestine). With the use of computing technology, 3-Dimensional images of the colon can be reproduced to detect abnormalities such as polyps and colorectal cancer.

What to Expect for the Procedure

During Bowel Preparation

The Tagitol taken will stain your stools white. Bisacodyl and PEG will cleanse your bowel, so be prepared to visit the toilet frequently.

Diarrhea usually begins by 1 hour of drinking PEG, keep close to a toilet. Lower abdominal cramping is normal but if more severe, stop and seek medical advice.

Before the Procedure

Wear loose and comfortable clothing on the day of the scan. You will be asked to change into a gown. Please remove your undergarments as well and wear the disposable underwear provided. A locker to store your personal belongings will be available for your convenience.

Metallic objects (hairpins, dentures and jewelry etc) should be kept at home or removed prior to the scan as metal may affect the image quality.

A plastic cannula will be inserted, by the nursing staff, into one of your veins.

During the Procedure

You will be asked to lie down on the padded couch. An injection of a muscle relaxant will first be administered to help relax the bowel walls.

A soft tube will be gently inserted into your rectum. Through this tube, air will be introduced slowly to inflate your colon fully so that abnormalities can be revealed.

During this process, you will experience bloatedness. It is also normal to pass wind. However, please take note that you should not try to force the air out. If the pain becomes unbearable or if there is any other discomfort, please alert the staff present immediately.

You will be required to assume two positions during the course of the procedure- lying on your stomach and on your back. After positioning, please lie still for the duration of the scan as any motion may result in blurred images. The radiographer will instruct you to hold your breath for up to 15 seconds when the images are taken. Just like a photograph, it is important that you remain still and follow the breathing instructions for the best results. Once the scan is completed, the radiographer will inform you to relax and resume normal breathing.

Intravenous contrast may also be administered to better delineate the blood vessels and various other internal organs. During the injection, you may experience a warm sensation followed by a metallic taste in the mouth which should disappear after a few minutes.

The duration of the entire procedure, including preparation, may vary from 20 to 45 minutes.

After the Procedure

Most of the air will be drained out before the tube is removed. You are encouraged to go to the toilet after the examination. When the muscle relaxant wears out and the colon starts to contract, usually about ½ hour later, you may feel a cramping discomfort which may require you to visit the

toilet again to expel the rest of the air. To prevent constipation, you are advised to drink plenty of water, and take more fruits and vegetables.

You can resume normal activity after the procedure. However, you are advised not to drive on the day of the examination as the injection given may cause temporary blurring of vision in some patients. Your doctor will advise you of the results at your next appointment.

Important Points to Note

- ✓ Please inform us well before your appointment date should you have **asthma, diabetes, renal problems, or any drug allergy**.
- ✓ Do inform your doctor and the CT radiographer if you are **pregnant** or unsure if you are pregnant.
- ✓ The CT preparation for an adult differs from that of a child. Please ensure that you have obtained the correct pamphlet from your clinic.
- ✓ Must complete dietary advice and bowel preparation as directed in this leaflet. If bowel is not clean by the time of the CT exam, it will be difficult for the doctor to interpret the study accurately.
- ✓ Appointments may require rescheduling or cancellation in some cases where the bowel is not able to be emptied or cleansed sufficiently.

What Are the Risks

Main risks of the procedure include:

- Bowel perforation (a tear or hole in the intestine), bleeding and infection
- Allergic reactions to the contrast agents
- Leakage of the intravenous contrast outside of the vein

These risks are low and all necessary precautions will be taken to minimize such occurrences. For any enquiries regarding the scan, kindly approach any of our staff.

| Your CT Appointment | |
|---|---------------------------------------|
| <input type="checkbox"/> Diagnostic Imaging @ MB L2 (Mon – Fri, 8am – 6pm) | |
| <input type="checkbox"/> Diagnostic Imaging @ KRW L3 (Mon – Fri, 8am – 6pm) | |
| <input type="checkbox"/> Diagnostic Imaging @ NUH Medical Centre Level 4 (Mon – Fri, 8.30am – 6pm) | |
| Patient Particulars: | Appointment Date: |
| <div style="border: 1px solid black; height: 80px; width: 100%;"></div> | _____ |
| | Appointment Time: |
| | _____ |
| | Estimated Fees for Outpatient: |
| | _____ |
| Note: Please do not bring valuables or excess cash with you. Patients and visitors are responsible for their personal belongings | |
| Late arrival may result in rescheduling of appointment. Please arrive at least 15 mins before the appointed time to register and prepare for the procedure. We appreciate your understanding should an unforeseen delay occur due to medical exigencies. Kindly inform us if you are unable to keep to the scheduled appointment. | |

This brochure is classified as Unclassified, Non-Sensitive

The information in this brochure is meant for educational purposes and should not be used as a substitute for Medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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