

TT Computed tomography of the colon, with ‘Moviprep’ bowel emptying instructions

The computed tomography (CT) scanner performs cross-sectional or ‘slice’ imaging, in which the image is formed with the help of X-rays. For this reason, the study is not suitable for pregnant women.

How to prepare for the procedure?

If your doctor thinks it is necessary to check your kidney function before the procedure, the doctor will order a blood test.

If you are, or think you may be, pregnant or if you are allergic to X-ray contrast agents or ‘Moviprep’ bowel emptying agent, please tell the referring doctor and please contact the X-ray department before the day of the examination.

If you have previously had a mild reaction to iodine contrast agent (for example a rash), a contrast examination can often be done after pre-administered cortisone medication. If you have previously had a severe contrast reaction, then the study will be performed without contrast.

The study requires a light diet as well as bowel emptying.

- The emptying medicine is Moviprep solution. You can buy it from a pharmacy without a prescription.
- During Moviprep emptying, the absorption of medicines from the gastrointestinal tract may be delayed or even completely blocked. In this case, the effectiveness of birth control pills, antiepileptics, antidiabetes medicines and antibiotics, for example, may be reduced.

Two days before the examination

Please choose a low-fibre foods. Meals can be about 100 grams of fish or chicken with rice or pasta, in addition, for example, meat broth, berry juice (Finnish: mehukeitto), white bread, rusks (Finnish: korppu) and so on.

Drink fluids at least 2.5 litres / day. You can increase your daily energy intake with supplements available from your pharmacy (e.g. Nutridrink®, Medadrink standard®, Addera®, fiber-free Dietta-Teho®) 1-3 cans per day.

Because of their fibre content, you should avoid products that include vegetables, cabbage, oranges, berries, whole grains, and seeds, among other things.

The day before the procedure

You are not allowed to eat solid foods at all. Only clear liquids are allowed. Clear liquids include water, clear soups, meat broth, juices (which do not contain fruit flesh), tea, coffee (without milk) and clear soft drinks such as Sprite.

7 a.m.: Drink at least one large glass (240 millilitres) of clear liquid. Empty one Moviprep sachet A and one Moviprep sachet B into an empty jug. Add 1 litre of lukewarm water to the powder. Stir the solution until the powder is dissolved.

Drink Moviprep solution over the next 1-2 hours. After that, drink at least one big glass (240 millilitres) of cold water and clear liquids as much as you want.

After 1 p.m.: Drink at least 3-4 large glasses (about 1 litre in total) of clear liquids.

7 p.m.: Drink at least one large glass (240 millilitres) of clear liquid. Empty one Moviprep sachet A and one Moviprep sachet B into an empty jug. Add 1 litre of lukewarm water to the powder. Stir the solution until the powder is dissolved.

Drink Moviprep solution over the next 1-2 hours. After that, drink at least one big glass (240 millilitres) of cold water and clear liquids as much as you want.

On the day of the procedure

- Do not eat.
- You can drink a total of 1-2 glasses of water, juice, tea, black coffee and clear soft drinks. Drinkers containing fruit flesh or seeds should not be drunk.
- You can take the medication prescribed by your doctor normally, except for antidiabetic medications.
- If you have diabetes treated with tablets, take the medicine to treat your diabetes only after the test has finished.
- The dose of insulin for insulin-treated diabetes is reduced prior to the study, and instructions will be given by the referring unit.

How is the procedure done?

Prior to the actual imaging, a small finger-width tube is inserted into the rectum through which the intestine is filled with carbon dioxide. We will be able to see and hear you throughout the scan.

You will be given breathing instructions during the scan the CT table moves during the scan. During the actual imaging it is important for you to keep absolutely still

If necessary, a medicine that relaxes the intestinal wall is used to reduce bowel movement and possible pain. The drug is administered intravenously through a vein. An intra-venous contrast agent may be used during the CT scan. In general, contrast agents do not have side effects.

However, if you notice anything unusual about your health after the examination, please contact the examination department or on-call doctor.

The procedure takes about 30 minutes.

During the scan procedure, a series of images are taken over the area of interest, the analysis of which continues after the actual scanning has finished.

What about after the procedure?

After the scan, when the bowel relaxant medication has worn off, we highly recommend that you stay close to a toilet. The procedure does not require follow-up at the hospital. The referring unit is responsible for reporting the results of the procedure.