

CT colonography (virtual colonoscopy)

The scan is performed at
Rauma Diagnostic Imaging,
Steniuksenkatu 2, 26100 Rauma

Why the scan is being done

With the help of the scan, illnesses in the colon can be detected.

Getting ready for the scan

If you are pregnant or if you suspect pregnancy, contact the referring outpatient clinic or ward.

For the scan, you need to:

- **buy a bowel cleansing agent Citrafleet® or Picoprep® from the pharmacy.**
- **pick up the contrast agent from the Diagnostic Imaging Unit.** You can pick it up at the unit closest to you.

Call the imaging unit before you pick up the contrast agent. At the same time, ensure the opening hours of the unit.

Contact information can be found at the end of this instruction.

If you are hypersensitive to contrast agent that contains iodine, please mention this during the call.

You will receive another contrast agent instead.

Before the examination, proceed as follows:

If you have not received other instructions from the unit where you are treated, you may take your regular medications as normal.

Two days before the scan

Eat easily digestible low-fibre foods, such as white meat, fish, eggs, rice, pasta and white bread. You can also eat broth made of meat, fish or chicken.

Do not eat foods that contain whole grains or seeds, such as berries or whole grain bread.

Do not eat high-fibre foods such as fruit, vegetables or rye bread or take fibre supplements that improve digestion.

Instead, you can use non-fibre high-energy nutritional supplements available from the pharmacy. These include Nutridrink, Semper Teho, Addera and Fresubin energy drink.

Drinking milk and carbonated beverages and chewing gum is not allowed for two days before the scan.

Drink at least 2–3 litres of fluid during the day.

The day before the scan

Drink the bowel cleansing agent (Citrafleet® or PicoPrep®) divided into two doses:

- the first bag at **8.00**
- the second bag at **16.00**.

Diet:

Do not eat solid foods.

You may only drink fluids. Drink at least 2–3 litres of fluids during the day.

You can drink the following:

- water
- tea without milk
- coffee without milk
- meat, fish or chicken broth
- fruit juice with no pulp
- nutritional supplements.

Contrast agent:

You have picked up the contrast agent from the imaging unit.

Drink contrast agent at **20.00**.

On the day of the scan

Do not eat anything before the scan.

You may drink a glass of water and take your regular medications.

How the scan is done

The CT scanner is used to obtain cross-sectional images of the the abdominal area using X-rays.

Before the scan, carbon dioxide is inserted into your colon through the rectum.

You will feel some bloating in your abdomen.

You will lie on your stomach and on your back on the examination table.

During the scan, it is important that you lie absolutely still.

The radiographer will be able to see you, hear you, and talk to you at all times during the scan.

You will be given a contrast agent that contains iodine into a vein.

The contrast agent causes a temporary sensation of warmth and you may have a metallic taste in your mouth.

The contrast agent given into your vein will be eliminated from your body with urine.

The scan takes about 30 minutes.

However, you should reserve slightly more time for your appointment.

If you have any questions about the scan, please call Rauma Imaging Unit. See Contact Information at the end of this leaflet.

After the scan

If you have a sensor that measures glucose in interstitial fluid, replace the sensor after the scan.

After the bowel cleansing and low-fibre diet start by eating lightly.

Drink plenty of fluids after the scan.

Drinking helps to eliminate the contrast medium from your body.

Where do you get the scan results

You will get the scan results from the referring outpatient clinic or ward.

Other considerations

There is no separate fee for the scan; it is included in the outpatient clinic fee.

Contact information

Rauma, Maantiekatu, Satasairaala, Eura, Säskylä and Kankaanpää.

You can call our joint service number:
044 707 9202.

You can call us from Monday to Friday,
8.00–14.30.

Harjavalta:

Harjavalta Diagnostic Imaging,

Appointments,

Tel. 02 677 3922.

You can call us from Monday to Friday,
8 –16.00.