

## SIDE EFFECTS

The carbon gas that is injected into your intestine may cause you to feel abdominal pressure or bloating after the exam. Rest assured that your body will naturally and quickly absorb the carbon gas.

### Have you experienced any unusual symptoms since your virtual colonoscopy?

- **Call 811 to reach Info-Santé service**, which is available free of charge, 24 hours per day, 365 days per year.
- **Consult a physician in the emergency department.**

## REFERENCE FOR ADDITIONAL INFORMATION

[www.passeportsante.net](http://www.passeportsante.net)

## REFUSING THE EXAM

Please note that you may choose not to undergo the exam. In this case, it is recommended that you discuss it with your attending physician.

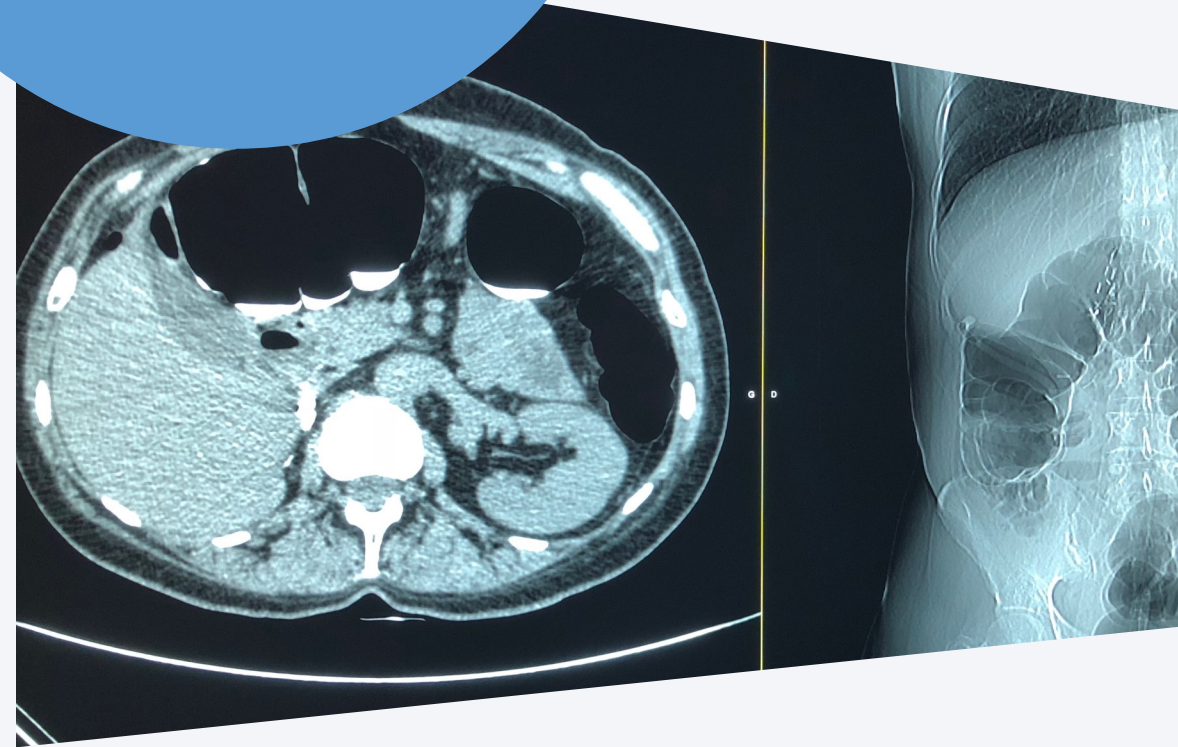
**Centre intégré  
de santé  
et de services sociaux  
de Laval**

**Québec** 

Service d'imagerie médicale  
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# VIRTUAL COLONOSCOPY

Centre intégré de santé et  
de services sociaux de Laval



**Québec** 

## PURPOSE AND BENEFITS OF THE EXAM

The purpose of the virtual colonoscopy is to screen for colon cancer and other intestinal pathologies. The exam will take place in radiology using computed tomography also referred to as a CT scan. The data are processed by computer to produce three-dimensional pictures of your colon similar to those generated by a conventional endoscopic colonoscopy.

This high-tech exam is safe, non-invasive, and requires no sedation. Furthermore, it presents a minimal risk of perforation and is better tolerated than a conventional colonoscopy. You will not need to be accompanied during the procedure and you will quickly be able to subsequently resume your activities.

## PREPARING FOR THE EXAM

At your first visit to radiology, the medical imaging technologist will complete a health questionnaire with you. If the answers on the questionnaire reveal any contraindications, the radiologist will be consulted and you will be given appropriate instructions.

During this visit, the technologist will also provide you with:

- An explanatory brochure for the liquid diet you must follow to prepare your intestine for the exam;
- Three bottles of liquid to drink according to the schedule indicated in the brochure.

After this visit, you must go to your pharmacy to purchase:

- Two packets of **PICO-SALAX**;
- Two **BISACODYL** suppositories.

## ON THE DAY OF YOUR APPOINTMENT

- Bring a reusable bag to hold your personal items including your clothing.
- For the exam, you will be dressed in a hospital gown and you will not be wearing any underwear.
- Before starting the exam, the technologist will review the questionnaire you completed at your first visit.

## EXAM PROCEDURE

The technical procedure will last around 15 minutes.

To avoid intestinal spasms and be able to see quality images, the medical imaging technologist will first inject you with a medication called **BUSCOPAN**.

At the start of the exam, you will lie on your left side. A small flexible probe will be inserted into your rectum so that the technologist can inject carbon gas (CO<sub>2</sub>) into your colon. This will help to distend it so that the technologist can clearly see the walls. It will be normal for you to feel uncomfortable due to your abdomen being distended. You will then turn from side to side to allow the carbon gas to coat each segment of your colon.

You will lie on your back for the first sequence of images, and on your stomach for the second sequence. There may be a delay of several minutes between each sequence to allow the images to be analyzed. If necessary, additional images may be taken.

Once the exam is over, the probe will be removed and you will be directed to the toilet. You may leave the hospital immediately after the exam because an observation period is not required.



CT-scan room

## POST-EXAM INSTRUCTIONS

You may resume your regular activities and diet when the exam is over. It is however recommended that you drink more liquid over the two to three days following the procedure. This will help to restore your normal gut transit.