

## Colonography in South Karelia Central Hospital

This examination is used to find illnesses of the colon or intestinal wall changes predictive of such illnesses. The changes may be small, so follow these instructions.

If you have had a biopsy taken from the colon in a colonoscopy, you must wait 10 days before you can undergo colonography. If you do not know if you have had a biopsy, ask the unit that referred you to this examination.

Please reserve approximately 3 hours for your visit. The examination usually takes usually takes 1–2 hours.

Please see the arrival instructions for contact information if you have any questions about the examination.

### **Before the examination**

**If you are pregnant or you suspect that you are pregnant**, please inform the doctor who referred you to this examination as soon as possible.

If you suspect that you are pregnant, take a pregnancy test at home. Colonography is not performed during pregnancy.

**It is important**, that the large intestine does not contain any feces during the examination, so you must follow the cleansing instructions. The examination cannot be performed if you have not cleansed your bowels.

You can follow these instructions even if you have a kidney condition or a heart condition.

If you are in inpatient care at a ward, you will receive the medication needed for cleansing there.

If you arrive to the examination as an outpatient, you need to buy the colon cleansing products from a pharmacy. You need to buy 2 Toilax combination packages (yhdistelmäpakkaus). They are available without a prescription. The pharmacy staff will advise you on using the Toilax cleansing medicine, if necessary.

If you wish, you may also buy fiber-free, nutritional supplements with high energy content.

You can drink these to ensure sufficient energy intake during the cleanse. The brand names include Nutridrink, Addera, ja Freubin energy drink, for example.

The cleansing medicine (Toilax) causes diarrhea. This means that you will lose more fluids than usual. To avoid dehydration, drink at least 1 liter more water than you would normally.

## **During the week preceding the examination**

Do not eat

- berries, fruits, or vegetables with seeds,
- bread or porridge with seeds or grains,
- dietary fiber products that enhance bowel function.

Otherwise you may eat as usual.

Drinking plenty of fluids will help with the bowel cleanse.

Do not take iron supplements.

Take your other prescribed medication as usual.

## **Two days before the examination**

- Do not eat any solid food.
- Drink at least 3 liters of fluids per day.

You may drink

- water, tee, coffee,
- filtered berry or fruit soup,
- filtered meat, chicken, or vegetable broth or
- juice without pulp.

If you wish, you may also drink nutritional supplements.

- At noon, take 2 Toilax tablets with cold water. Please see the Toilax package for instructions.
- At 6 p.m., take 2 Toilax tablets with cold water
- At 8 p.m., administer the Toilax mini enema into your rectum. The instructions are in the package. The enema will empty your rectum.

The enema will take effect in about 15–30 minutes, or after an hour at the latest.

## On the day before the examination

Eat and drink as instructed for the previous day.

- At noon, take 2 Toilax tablets with cold water.
- At 6 p.m., take 2 Toilax tablets with cold water.

## On the day of the examination

- Do not eat, but drink 1–2 glasses of water or juice.
- Do not smoke.
- Do not suck on any candy or chew gum.
- **At least 2 hours before** your scheduled examination **appointment**, administer a Toilax enema into your rectum. Please reserve time for emptying your bowels before you leave for the examination.

Remove all jewellery and leave them at home.

## During the examination

You will change into hospital clothes before the examination. You will wear a shirt that is open from the back.

You will lie on an examination table during the examination.

The examination requires contrast medium that will be administered into your rectum like an enema. Air will be inserted at the same time. To administer the contrast medium, a radiographer will insert a tube into your rectum.

A radiologist will administer the contrast medium and air and ask you to change your position at the same time. Turning over to different positions will help the contrast medium to spread in the colon. The radiologist will take the necessary scans from different parts of the colon.

You may use the toilet after the examination.

## After the examination

- After the examination and cleanse, it is best to start eating with light meals.
- Drink more than usual and move about a lot. This will help the contrast medium leave your intestines more quickly.

The contrast medium will leave the colon in about 1–2 weeks. The contrast agent may cause white stool.

You will receive the results of the examination from the doctor who treats you.

If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

### **Other things to note**

You will not be charged for the examination separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.