

Patient Information Sheet

Post-Procedure Care for a CT Colonography (Virtual Colonoscopy)

Introduction

You have just undergone a CT colonography, a non-invasive imaging procedure used to evaluate the colon and rectum. This test involves using a CT scanner to create detailed images of your large intestine. Following the procedure, some care and attention to your body's response are necessary.

What to Expect After the Procedure

1. Gas or Bloating:
 - You may feel bloated or pass gas due to the air or carbon dioxide used to inflate your colon during the procedure. This is normal and usually resolves within a few hours.
 2. Discomfort:
 - Mild cramping or abdominal discomfort is possible but should subside quickly.
 3. Bowel Movements:
 - You may experience loose stools or an urgent need to use the bathroom.
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Post-Procedure Care Instructions

Diet and Hydration

- Rehydrate: Drink plenty of fluids (water, herbal tea, clear broths) to replenish what was lost during bowel preparation.
- Resume Normal Diet: You can return to your usual diet unless otherwise advised. Start with light meals if your stomach feels unsettled.

Activity

- You may resume normal activities immediately unless instructed otherwise.
- If sedation was used, avoid driving or operating machinery for 24 hours.

Gas and Bloating Relief

- **Move Around:** Gentle walking can help relieve bloating by encouraging the release of gas.
 - **Avoid Carbonated Drinks:** These can worsen bloating.
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When to Contact Your Doctor

While complications are rare, seek medical attention if you experience:

- Severe or worsening abdominal pain.
 - Persistent bloating that does not improve within 24 hours.
 - Fever, chills, or signs of infection.
 - Rectal bleeding (a small amount may be normal but report heavy bleeding).
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Follow-Up Care

1. **Results:**
 - The images from your CT colonography will be reviewed by the radiologist.
 - The results will be sent to your referring doctor.
2. **Next Appointments:**
 - Follow up with your referring doctor as advised to review your results.