

## INFORMATION SHEET/CONSENT FOR PERFORMING COMPUTED TOMOGRAPHY EXAMINATION

In order to better examine your health, a computer tomography or CT scan is required. In Pärnu Hospital it is performed in the Department of Radiology, on the 2nd floor, in the BC building.

### What is computed tomography (CT)?

A CT scan is a radiological examination method that uses ionising radiation to obtain layered and spatial images of the human body. The amount of radiation used for the examination is more than an ordinary X-ray; therefore, the examination is performed only for certain indications and not for prophylaxis. **The examination will be performed only on the basis of a doctor's referral note.**

### Before the examination

Before the CT scan, you are asked to remove your outerwear and metal objects from the examination area. We recommend coming to the examination without jewellery and with clothes that are easy to remove and don't contain any metal details.

Preparations are not needed for CT scans of the head, neck, vertebral column or thorax. Before examination of the abdominal or pelvic region, do not eat for 2 to 4 hours prior.

If an abdominal or pelvic examination has been prescribed for you, it may be necessary to drink the contrasting agent the night before and 2 hours before the examination. For this, the doctor referring you to the examination or the CT personnel will give you 40 ml of contrasting agent. Dilute it and drink it according to the instructions:

- Mix half of it (**20 ml**) with **0.5 litres of water** and drink it in the evening before the examination (drink it within 1 to 2 hours about **12 hours before the examination**) - e.g., after dinner.
- Mix the other part (the remaining **20 ml**) of the contrast substance with **0.5 litres of water** and drink **2 hours** before the examination in small amounts. After that, you cannot eat anything. You can drink.

In addition, you will be given 0.5 litres of water to drink about 15 minutes before the examination. Therefore, come at least **15 minutes prior** to the start of the examination.

You can continue to take your everyday medicines as directed by your treating doctor.

### The examination procedure

During the examination, you will lie on an examination table that moves back and forth partially in the tunnel-like examination apparatus. Depending on the examination, you may have to hold your breath a few times during the examination. It is important that you do not move. Otherwise, the quality of the images obtained will be reduced or the examination will be unsuccessful. If you know that you may have anxiety in a tight space, please inform the doctor referring you to the examination or the CT personnel. During the examination, you will be observed through a window and can always communicate with the personnel conducting the examination through an audio-system. If necessary, the examination will be discontinued. The examination lasts for 10 to 30 minutes depending on the medical problem.

For a CT scan of the arteries of the heart (coronary arteries) ECG electrodes will be attached to the skin (male patients may need to be shaved before). You will be administered nitroglycerine (Nitrolingual Spray) under the tongue in order to dilate the coronary arteries during the examination. If necessary, a beta-blocking agent will be administered to decrease heart rate (a maximum of 65 beats/minute) - this will be directed by the radiologist/cardiologist. The examination lasts up to 60 minutes.

The results of the examination will be sent to your treating physician within a week in an electronic format.

### **Contrasting agent and its side effects**

If your examination requires the injection of a contrasting agent, the radiology technician will insert a venous cannula before the examination, through which the iodine-based contrast substance is injected. The contrasting agent is a substance used to better visualise the inner structures of the body in radiological examinations. This is necessary to visualise organ structure and possible pathological changes. The contrasting agent is excreted from the body via the kidneys through the urine.

A contrasting agent containing iodine can cause hypersensitivity reactions. The most common reaction ( $\geq 1/100$  to  $< 1/10$ ) is feeling of warmth; occasionally ( $\geq 1/1000$  to  $< 1/100$ ) nausea, headache, metallic taste in mouth, and vomiting may occur. Cardiac arrhythmias, a decrease in blood pressure, diarrhoea, abdominal pain/discomfort, feeling cold, chills, dyspnoea, skin rash, hives, pruritus, vasculitis, fever, angioneurotic oedema, laryngeal oedema, laryngospasm, bronchospasm or non-cardiogenic pulmonary oedema occur rarely ( $\geq 1/10\ 000$  to  $< 1/1000$ ). Severe and fatal reactions have been described on very rare occasions ( $1/170\ 000$ ), and these include chronic renal failure, acute renal failure, anaphylactic or anaphylactoid shock, hypersensitivity reaction followed by cardiac and/or respiratory arrest, and myocardial infarction. The symptoms may develop right after the injection or within a period of few days.

### **After the examination**

After the contrasting agent has been injected/drunk, it is recommended to drink a lot of alcohol-free liquid (1.5-2 litres) on the same day and the next day to excrete the contrasting agent faster from the body. You can continue taking your everyday medications according to your treating doctor's directions, and there are no restrictions on diet. For 24 hours after administration of the contrasting agent, you should not give any blood or urine samples as the contrasting agent may influence the results.

### **Patient's acknowledgement**

I confirm with my signature that I have read and completely understood the content of this information sheet. I confirm that I have been informed of the nature and possible risks of computed tomography examination. Taking the above into consideration:

- |  |  |
|--|--|
| <input type="checkbox"/> I agree with the performance of the above-mentioned healthcare service. | <input type="checkbox"/> I refuse the above-mentioned healthcare service and understand the possible consequences of it not being performed. |
|--|--|

*(Please mark the respective box with an x).*

Patient's (legal representative's) name and surname: .....

Date: ..... Signature: .....

**I have explained to the above-mentioned person the procedure for the computed tomography examination and the information contained in the information sheet.**

Name and surname: ..... Date: .....

Profession: ..... Signature: .....

### PATIENT'S QUESTIONNAIRE BEFORE COMPUTED TOMOGRAPHY EXAMINATION

|   | YES | NO |
|---|-----|----|
| Have you undergone a CT scan previously?  |     |    |
| If you answered YES, when?  |     |    |
| Do you have an allergy to iodine or any other drug?   |     |    |
| If you answered YES, please specify to which drug you have an allergy:  |     |    |
| Have you had allergies after the administration of a contrasting agent?   |     |    |
| Have you had one or more of the following symptoms during or after the administration of a contrasting agent: headache, dyspnoea, skin rash, nausea, vomiting, skin itching or redness, increase in body temperature, face or throat swelling, breathing difficulties, or chills? |     |    |
| Do you have problems with your thyroid gland? (Hyperthyroidism, multinodular goitre, Graves' disease)   |     |    |
| Have you ever received/are you receiving isotope/radioiodine therapy?   |     |    |
| Do you have diabetes?   |     |    |
| Do you have asthma?   |     |    |
| Do you have renal failure?  |     |    |
| For female patients: Are you/could you be pregnant?   |     |    |