

## Scheduling An Appointment

### Stanford Radiology Scheduling Center

Phone: 650-723-6855 • Fax: 650-723-6036

For maps and directions, go to:  
<http://stanfordhealthcare.org/ctvirtualcolonoscopy>

### Redwood City Stanford Medicine Outpatient Center

450 Broadway Pavilion B,  
Redwood City, CA 94063

**Services:** MRI, CT, Diagnostic X-Ray, US, Bone Density

**Directions: From South (San Jose)-** Take US-101 North toward San Francisco. Exit CA-84/Woodside Road West (18 miles). Take Woodside Road to Broadway Street (.7 mile). Turn left on Broadway Street. Stanford Medicine Outpatient Center will be on the left (.6 mile).

**From North (San Francisco)-** Take US-101 South toward San Jose. Exit CA-84/Woodside Road West (25 miles). Take Woodside Road to Broadway Street (.3 mile). Turn left on Broadway Street. Stanford Medicine Outpatient Center will be on the left (.6 mile).



### Your appointment is scheduled for:

Date: \_\_\_\_\_  
Sun Mon Tue Wed Thur Fri Sat  
Time: \_\_\_\_\_

(9/17)

### CT Virtual Colonoscopy Exam Preparation:

Just like prep for a regular colonoscopy, your colon must be as empty as possible. In addition to laxatives, a CT virtual colonoscopy requires “contrast agents.” These are special materials you will drink to coat your colon. This makes the pictures much more clear for the radiologist to interpret your exam. These contrast agents are essential for the exam.

Take your routine and prescribed medications throughout the preparation. If you take heart or blood pressure medications, or prednisone or other steroids, take them before 07:00am with a sip of water on the day of your exam. If you take insulin, the dose may need to be adjusted during your prep day and the day of the exam. Contact the doctor who manages your diabetes for instructions.

#### For seven (7) days before your exam:

1. Do not take iron pills (ferrous sulfate).
2. Do not eat foods with seeds, such as poppy, tomatoes, watermelon, or cucumbers. Do not eat celery, grapes, blueberries, corn, green peas, beans, seaweed, popcorn or, nuts.

#### The day before your exam:

1. Drink plenty of clear liquids to prevent dehydration. This is important, as dehydration can affect how well the prep medications work. In general, an 8oz glass of water per hour throughout the day is recommended. In addition, you may have tea or coffee without milk or creamer, sports drinks such as Gatorade, 7-Up, Ginger Ale, apple juice, white grape juice, white cranberry juice (no juice that is red or purple), clear soup broth, gelatin (nothing red, blue, green, or purple), popsicles (not red, blue, green, or purple).
2. Do not drink alcohol.
3. Do not drink dairy products.

**Additional bowel prep instructions will be provided with your bowel prep prescription.**

### Insurance Coverage: CT Virtual Colonoscopy (diagnostic versus screening)

A CTVC is **diagnostic** if it is a medical necessity (as documented by your referring physician). For example, it is ordered because of prior failed/incomplete colonoscopy, history of colon cancer, colon resection, or long-term history of anticoagulant therapy.

- CTVC diagnostic exams are covered by most insurance payers, including Medicare and Tricare.

A CTVC that is not medically necessary is a **screening** CTVC. The patient is able to have a standard colonoscopy but prefers to have a CTVC screening instead.

- Some private payers may cover CTVC screenings. Currently Medicare and Tricare do not cover screenings.
- Self-pay cost for eligible patients after a 50% discount is \$1621 (technical & professional fees). Pricing is subject to change without notice. For questions, please contact Patient Financial Services at (800) 549-3720, Mon – Fri, 8am - 4pm.

# CT Virtual Colonoscopy

## Stanford Imaging Services



## Information for Patients and Families

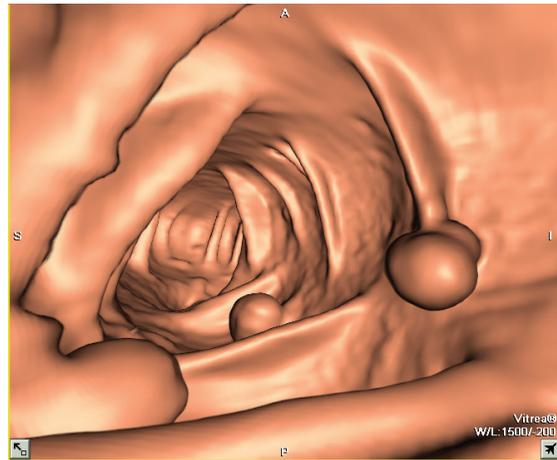


**Stanford**  
**HEALTH CARE**  
STANFORD MEDICINE

## What is CT Virtual Colonoscopy?

Virtual Colonoscopy is a medical imaging procedure which uses computed tomography (CT), sometimes called a CAT scan, and advanced computer software to produce two- and three-dimensional images of the colon that can be viewed on a computer monitor.

The major reason for performing virtual colonoscopy is to screen for polyps or cancers in the large intestine. Polyps are growths that arise from the inner lining of the intestine. Some polyps may grow and turn into cancers. The goal of screening with colonoscopy is to find these growths in their early stages, so that they can be removed before cancer has had a chance to develop.



*Pictured above is an example of how polyps may appear to a Radiologist when viewing a Virtual Colonoscopy*

## American Cancer Society

The American Cancer Society estimates that nearly 150,000 men and women are diagnosed with colorectal cancer (CRC) and almost 50,000 will die of the disease every year - this is the 3rd most common cancer diagnosed and the 2nd leading cause of death from cancer in the United States. In 2008 the American Cancer Society

approved virtual colonoscopy as an alternative to traditional colonoscopy.

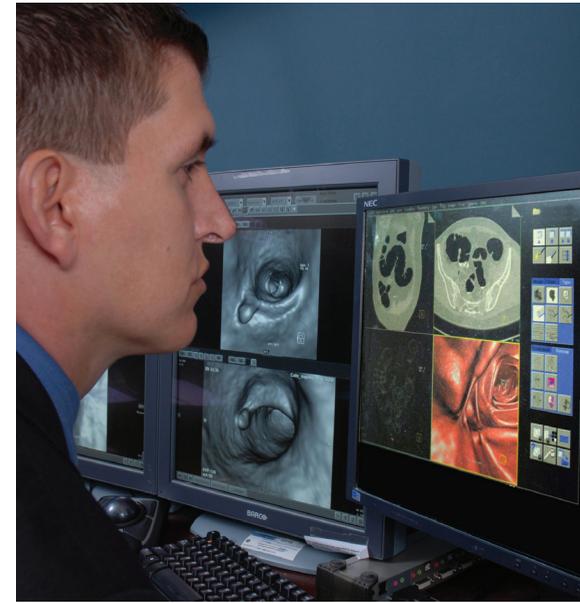
### ACS guidelines for colorectal cancer early detection:

- Beginning at age 50 both men and women at average risk for developing CRC
- People at increased or high risk of CRC, should begin screening before age 50 and/or be screened more often. The following make your risk higher than average:
  - A personal history of CRC or adenomatous polyps
  - A personal history of chronic inflammatory bowel disease (Crohn's disease or ulcerative colitis)
  - A strong family history of colorectal cancer or polyps (cancer or polyps in a first-degree relative [parent, sibling, or child] younger than 60 or in 2 or more first-degree relatives of any age)
  - A known family history of hereditary CRC syndromes such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colon cancer (HNPCC).

*For more information, go to:  
<http://tinyurl.com/acs-crc>*

## Stanford Health Care Imaging Services Advantage

- State-of-the-Art Technology: The latest generation 64- and 128-Row CT scanners
- Abdominal radiology subspecialist interpretations
- Extensive experience in 3D Imaging
- If polyps are found, Stanford Health Care
- Utilizes CO2 gas instead of air to inflate the colon. The gas is absorbed by the body and causes less cramping and bloating than air, thus ensuring that patients have a better experience.
- Patient-centric environment
- If polyps are found, Stanford Health Care



*Radiologist, Peter Poullos M.D.*

Imaging Services can coordinate eligible patients a same-day traditional colonoscopy with the Stanford Health Care Gastroenterology Clinic. Patients taking anticoagulants, aspirin, NSAIDs (e.g., Advil, Aleve, and Motrin), Plavix, supplements and/or vitamins should consult with their physician before scheduling a virtual colonoscopy. In addition, patients must have a responsible adult driver to be eligible for a same-day traditional colonoscopy.

## What are the benefits of CT Virtual Colonoscopy?

- Less invasive than traditional colonoscopy
- Procedure takes less time (30 minutes) than a traditional colonoscopy
- Sedation and pain relievers are not needed, so there is no recovery period
- Patients can return to normal activities immediately after the procedure
- Lower risk of complications than traditional colonoscopy

- Ideal for patients with an increased risk of complications, or elderly patients who cannot tolerate a traditional colonoscopy
- Helpful when traditional colonoscopy cannot be completed because the bowel is too narrow, obstructed, elongated, or tortuous
- Visualizes the entire bowel
- Proven effective in large clinical trials

## What happens during the test?

After changing into a gown you will lie on your right side on the CT scanner table. A nurse will place a small soft tube into your rectum and administer CO2 gas. As your bowel distends you may experience a bloated feeling and mild discomfort. You will be scanned initially lying on your back, then on your right side. If needed, you may be scanned lying on your stomach.

