

***Colorectal Cancer is the third most common cancer in both men and women.***

***The American Cancer Society says that approximately 90% of all colorectal cases and deaths are thought to be preventable through lifestyle improvement and timely screening.***



**Iowa Radiology  
Downtown Des Moines**  
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Scan for directions!



515-226-9810 IowaRadiology.com



Virtual Colonoscopy takes just minutes in a CT Scanner.

## VIRTUAL COLONOSCOPY



The safe, minimally invasive colon examination.



In Partnership With



UnityPoint Health  
Des Moines

515-226-9810 IowaRadiology.com

**Our Focus is Your Good Health**

## What is virtual colonoscopy?

Virtual Colonoscopy or CT colonography is a fast, effective, and relatively painless exam used for colon polyp screening. A computed tomography (CT) scan creates an image of your colon, its lining and the rectum. A trained radiologist will examine these images for any signs of disease or polyps both inside and outside the colon wall.

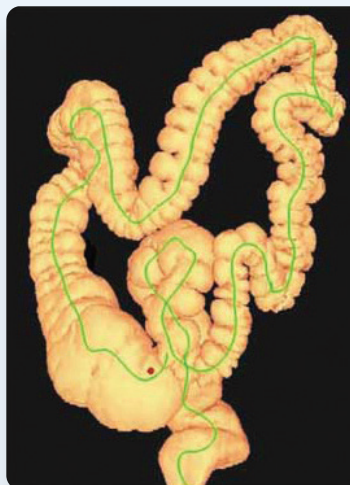
## What are the benefits of virtual colonoscopy?

- Traditional colonoscopy involves a small but present risk of bowel perforation.
- No sedation required. Immediate return to normal activities.
- No driver required.
- Anticoagulation therapy can be safely continued.
- Less costly than conventional colonoscopy. (Check with your insurance provider for coverage.)
- Convenient, comfortable outpatient setting.
- Limited evaluation of the abdomen/pelvis which may detect other conditions outside the colon.

*The American Cancer Society recommends colorectal cancer screening for everyone beginning at age 50. Screening may begin earlier if a first degree relative (parent or sibling) has been diagnosed with colon cancer.*

## Who is a candidate for virtual colonoscopy?

- You have no personal history of colon cancer.
- You have no personal history of inflammatory bowel disease.
- You have had an incomplete colonoscopy or sigmoidoscopy.
- You have medical conditions for which sedation is contraindicated or are on blood thinners. (ie: severe chronic obstructive pulmonary disease (COPD), allergic reactions to sedative medications, etc.)
- Please consult your physician for a referral when you determine the colon exam that is appropriate for you.



In virtual colonoscopy, computers reconstruct an accurate image of your bowel for doctors to examine.

## What happens during the procedure?

Please follow the bowel prep and instructions that you receive in the mail from Iowa Radiology prior to the procedure.

You will be asked to change into a gown and the technologist will obtain a medical history. You will lie on your left side during the exam. A very small, flexible tube will be passed two inches into the rectum to allow air (carbon dioxide) to be gently pumped into the colon. You will then be asked to roll onto your back. Once the colon is full, you may experience some abdominal discomfort. The technologist will take a series of pictures while you are positioned on your back and then you will be asked to roll onto your stomach for the remainder of the images.

The entire exam will take approximately 15 minutes.

## After the exam

You may resume normal activities after the procedure. The carbon dioxide introduced during the procedure will be rapidly absorbed by the body and cause little post procedure discomfort.

## When will I receive the results?

A radiologist will review your virtual colonoscopy and your physician will receive a written report within one business day.