

## PATIENT'S INFORMATION NOTE

Dear Sir / Madam \_\_\_\_\_, as you have been told by the department's Dr \_\_\_\_\_, in order to continue with the process of diagnosis / treatment of your illness \_\_\_\_\_ it is necessary to administer a contrast medium.

We will give you some information that will help you make an informed decision.

### **What is it and what is its purpose?**

The contrast medium is a solution containing iodine or gadolinium used in radiological examinations, such as CTs, angiography, urography and magnetic resonance imaging, in order to make organs and body tissues more visible and to increase the possibility of detecting any disease and understanding its extension.

### **What happens?**

You will be lying on the radiological table or on the CT or MRI bed and the staff will give you an injection of the contrast medium into a vein in the arm or, for an angiographic exam, by pricking an artery under local anaesthesia.

The amount and type of contrast medium changes depending on the type of examination, diagnosis and the body part to be examined. Images will then be acquired with pre-set modes based on the type of examination and part of the body that must be examined.

### **What are the possible problems during and/or after the treatment?**

In most cases you will feel no pain, except a mild one due to the injection.

You may experience a feeling of heat and a bitter taste in your mouth for a few seconds which is absolutely normal during this phase of the examination.

Rarely, the contrast may cause allergic reactions, immediate or late: these reactions can be mild: such as nausea, vomiting, itching. Subsequent to the injection of the contrast medium (from 1 hour up to 3 days after) you could have skin rashes (swelling, urticaria). These disorders resolve spontaneously or with the use of specific drugs.

 <p>Sistema Socio Sanitario Ospedale Maggiore Regione Lombardia ASST Crema</p> <p>Department of Clinical Diagnostics O.U. of RADIOLOGY</p>	<p><b>INFORMATION NOTE</b> To be attached to the Informed Consent Form for <b>INTRAVENOUS ADMINISTRATION OF CONTRAST MEDIUM</b></p>	<p>Radio INFO 02 ENG Rev.0 20/03/2017 Page 1 of 3</p>
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Once you leave the hospital, please contact your GP if you feel any discomfort over the next 48 hours.

### **What are the possible complications?**

Iodinated contrast media have been used for many years and those in use today are better tolerated, but may present some still completely unpredictable complications which may occur even if all the necessary measures have been taken.

Rarely you can have moderate complications: low blood pressure, chest pain, urticaria (itching), difficulty in breathing and facial oedema (swelling of the face), which are usually easily resolved with specific drugs (antihistamines and cortisone).

Very rarely, more serious reactions may occur: severe low blood pressure, severe breathing difficulty, cardio-respiratory arrest requiring the intervention of the anaesthesiologist.

The risk of death is very rare, there has been no case of mortality due to this procedure throughout our last 20 years' case reports.

During the entire examination you will be followed by health personnel to whom you can communicate any inconvenience.

### **Focus points**

Prior to undergoing examinations with the contrast medium it is important to:

- Inform your doctor if you have ever had allergic reactions to contrast media and in which cases
- Inform your doctor if you have any allergies to food or drugs
- Inform your doctor if you have diabetes, asthma, and / or hyperthyroidism
- Report any kidney functionality problems, because the contrast medium is eliminated mainly by the kidneys
- Follow the instructions for the preparation of the exam, which were handed to you
- Do the required blood tests and have them checked by your GP in order to evaluate the possibility of performing the exam
- Women who are breastfeeding should stop breast-feeding for at least 2 days after the examination

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## **Recovery problems**

At the end of the examination you may resume your normal activities

## **Are there any alternatives to the treatment?**

There is no alternative examination to a properly prescribed contrast medium for detecting certain diseases.

If the information received does not seem clear or if you need more information, ask for a further in-depth interview with the doctor. It may be helpful to make a list of questions you want to ask the doctors and, if you like, to be accompanied by a family member (or other person of your choice) to the interview.

It is your right to ask for explanations as it is important to be aware of how the treatment will be carried out and what the consequences will be for you.

If you are not going to be able to decide right away, you can always ask for more time for reflection.

Give your informed consent to the execution of the examination consciously and freely, knowing that you have the possibility to withdraw your consent at any given time.

In case of refusal, you will still have continuity of care by personnel and of the therapies identified by the physician among those available in our hospital or at other facilities.

**Benelli dr. Giampaolo**  
**X-Ray Unit Manager**

*Handwritten signature replaced by the printed indication of the name of the subject in charge in terms of article 3(2) of Legislative Decree No. 39/1993".*

Information prepared by the Operational Unit of Radiology which ensures its periodic review at least every three years.