



RADIOLOGY AND MEDICAL IMAGING DEPARTMENT

Consent Information - Patient Copy

Iodinated Contrast

1. What is Iodinated Contrast?

The medical imaging procedure your doctor has asked you to have uses Iodinated 'contrast' (once called X-ray dye). Contrast is a colourless liquid which includes iodine. Contrast is injected into your blood stream to allow your organs to be seen more clearly on x-rays. Contrast is not a dye. It does not stain the inside of your body. Your doctor needs to use contrast to be able to get all the information needed to assist with your diagnosis.

This information sheet must be read PRIOR to signing the consent form of the procedure you are booked for (you will receive the consent form on the day of the test).

2. During the procedure

When the contrast is injected you may feel:

- A very warm or 'flushed' feeling over your body, this may also make you think you have passed urine. You will *not* pass urine – it is only a feeling.
- A 'metallic' taste or smell may also happen. This usually lasts less than a minute.

3. After the procedure

It is recommended that you drink 2 to 4 glasses of water after your procedure to help flush the contrast from your body. Contrast does not affect your ability to carry out normal activities; you should be able to continue with your day as normal.

4. Precautions

Contrast is not suitable for some people; you will be asked a series of questions (*questionnaire given at time of presenting the form*) before it is given to you. Your answers allow staff to identify any risk factors that you may have.

- Please tell the staff if you are or suspect you might be pregnant or are breastfeeding.

Kidney function

- Contrast is removed from your blood by your kidneys through your urine. It is easily removed from the body of people who have normal kidney function.
- Giving contrast to people with weakened kidneys (renal impairment), can cause further kidney damage, which may in turn cause the kidneys to stop working properly (acute renal failure).

Adapted from the Queensland Government;
http://www.health.qld.gov.au/consent/documents/medical_imaging_43.pdf

- You may be asked to have a simple blood test to find out the level of your kidney function.

Diabetic Drug interactions - Metformin

(Other Drug names: Avandamet, Diabex, Diaformin, Formet, Glucohexal, Glucomet, Glucophage, Glucovance, Metforbell)

If kidneys suffer damage from the contrast then the kidneys may not be able to remove Metformin from the body. It is safer to briefly stop taking Metformin when having contrast. Staff will inform you when to stop and when it is safe to take Metformin again.

Contact your GP to monitor your diabetes if you are told to stop your Metformin.

5. What are the risks of Iodinated Contrast?

The risks and complications with this injection can include but are not limited to the following:

Common risks and complications include:

- No known common risks.

Less common risks and complications include:

- Injected contrast may leak outside of the blood vessel, under the skin and into the tissue. This may require treatment. In very rare cases, further surgery could be required if the skin breaks down.
- Acute Renal Failure occurs when one or both of your kidneys suddenly stop working. Failure can last for days or weeks. It may take the kidneys a long time to regain their previous level of function and you may require dialysis to filter your blood during this time. There is a risk your kidneys could be permanently damaged. To reduce this risk the smallest possible dose of contrast will be given.
- The injection may not be possible due to medical and/or technical reasons.

Rare risks and complications include:

- Allergic reactions occur within the first hour with most happening in the first 5 minutes. Late reactions have been known to occur up to a week after the injection.

Note: Allergy to topical iodine and/or seafood does not imply an allergy to iodinated contrast.

The reactions vary from:

Mild – hives, sweating, sneezing, coughing, nausea.

Moderate – wide spread hives, headaches, facial swelling, vomiting, shortness of breath.

Severe – Severe reactions are rare but include: life threatening heart palpitations, very low blood pressure, throat swelling, fits and/or cardiac arrest.

- Death as a result of Iodinated Contrast is **very** rare.

6. What are the safety issues when you leave the hospital?

Go to your nearest Emergency Department or GP if you become unwell.

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