Patient information and consent to Colectomy (Right/TV/left/sigmoid)

Key messages for patients

- Please read your admission letter carefully. It is important to follow the instructions we give you about not eating or drinking or we may have to postpone or cancel your operation.

- Please read this information carefully, you and your health professional will sign it to document your consent.

- It is important that you bring the consent form with you when you are admitted for surgery. You will have an opportunity to ask any questions from the surgeon or anaesthetist when you are admitted. You may sign the consent form either before you come or when you are admitted.

- Please bring with you all of your medications and its packaging (including inhalers, injections, creams, eye drops, patches, insulin and herbal remedies), a current repeat prescription from your GP, any cards about your treatment and any information that you have been given relevant to your care in hospital, such as x rays or test results.

- Simple painkillers such as paracetamol and ibuprofen may be required after surgery. Simple bowel medication such as senna and lactulose may be required after surgery. It is suggested that you discuss with your pharmacist and have a seven day supply of these medications at home to take as you need according to the instructions.

- Take your medications as normal on the day of the procedure unless you have been specifically told not to take a drug or drugs before or on the day by a member of your medical team. If you have diabetes please ask for specific individual advice to be given on your medication at your pre-operative assessment appointment.

- Please call the colorectal specialist sisters on telephone number 01223 217923 if you have any questions or concerns about this procedure or your appointment.

After the procedure we will file the consent form in your medical notes and you may take this information leaflet home with you.

Important things you need to know

Patient choice is an important part of your care. You have the right to change your mind at any time, even after you have given consent and the procedure has started (as long as it is safe and practical to do so). If you are having an anaesthetic you will have the opportunity to discuss this with the anaesthetist, unless the urgency of your treatment prevents this.
We will also only carry out the procedure on your consent form unless, in the opinion of the health professional responsible for your care, a further procedure is needed in order to save your life or prevent serious harm to your health. However, there may be procedures you do not wish us to carry out and these can be recorded on the consent form. We are unable to guarantee that a particular person will perform the procedure. However the person undertaking the procedure will have the relevant experience.

All information we hold about you is stored according to the Data Protection Act 1998.

About colectomy
You have been recommended surgery to remove part of the colon (large intestine) – termed a colectomy. This operation aims to remove a diseased portion of the bowel usually without the need for a stoma (bag). Colectomy is recommended for certain bowel cancers, and for other diseases of the colon such as diverticular disease and inflammatory bowel disease (Crohn’s or ulcerative colitis).

The main function of the colon is to absorb fluid to produce a formed stool. When part of the colon is removed most people do not experience a large change in their bowel habit. In general, the more that is removed, the more likely it is that the bowel habit would become more frequent and/or a little looser. This is not always predictable, however.

Intended benefits
The aim of the surgery is to remove the disease process causing your symptoms – whether it is cancer, inflammation, pain or blockage. For most patients this will provide a cure or significant improvement of their bowel problems. For cancer operations, surgery gives the best chance of cure, and the treatment may need to be combined with chemotherapy and/or radiotherapy. Even in cancer surgery, where certainty of cure is difficult to guarantee, the benefits should be long lasting.

Who will perform my procedure?
This procedure will be performed by a surgeon with particular skills and training in bowel surgery. This is usually a consultant surgeon or senior specialist registrar, often under consultant supervision.

Before your admission
You will need to attend the pre-assessment clinic, which is usually run by specialist nurses. At this clinic, we will ask for details of your medical history and carry out any necessary clinical examinations and investigations. Please ask us any questions about the procedure, and feel free to discuss any concerns you might have at any time.

We will ask if you take any tablets or use any other types of medication either prescribed by a doctor or bought over the counter in a pharmacy.

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Please bring all your medications and any packaging (if available) with you. Please tell the ward staff about all of the medicines you use. If you wish to take your medication yourself (self-medicate), please ask your nurse. Pharmacists visit the wards regularly and can help with any medicine queries.

Your operation will require a general anaesthetic. We explain about the different types of anaesthesia and post operative pain relief at the end of this leaflet. You will see an anaesthetist before your procedure to discuss the best options for you.

Most people who have this type of procedure will need to stay in hospital for two to six days after the operation. Those with medical problems or special needs may need to stay in hospital longer.

**Day of surgery admission**

Most patients are admitted on the day of surgery. The day before admission you will need to take some ‘bowel prep’ to empty out the bowel as well as some antibiotic tablets. The prep will be given to you in Preassessment and you will need to pick up the antibiotics from the Lloyds pharmacy in Outpatients. The prep and antibiotics help to minimise complications after the surgery.

If you not diabetic you will also be given some sugary drinks to drink the night before surgery and early on the morning of the operation

**Hair removal before an operation**

If you need hair removal from the surgical site this will be done using an electric hair clipper with a single-use disposable head, after you have been anaesthetised. Please do not shave the hair yourself or use a razor to remove hair, as this can increase the risk of infection. Your healthcare team will be happy to discuss this with you.

It may be necessary during the procedure to shave other areas of your body if appropriate to allow equipment/machines, for example diathermy machines (used to seal blood vessels), to stick to your skin to achieve the best and safest performance.

**During the procedure**

Before your procedure, we will give you the necessary anaesthetic - see below for more details. Your anaesthetist will also discuss post-operative pain relief with you and if you are having an epidural this may be put in before you are anaesthetised. You will need to have a catheter inserted once you are asleep so we can measure urine output. This will be removed within the first few days after the operation.

Colectomy can be performed by an ‘open’ operation with an incision in the abdomen or by laparoscopic ‘keyhole’ surgery. Keyhole surgery still requires an incision through which the tumour is removed. The choice of method depends on a number of factors including the part of the bowel to be removed, the reason for your surgery, your build and coexisting medical conditions, any previous operations on your abdomen, and surgeon preference. Please feel free to discuss this with your surgeon if you need clarification.
With keyhole surgery it is sometimes not possible to complete the procedure using this technique; there would be a need to convert to an open operation in this case.

The first part of the procedure is to assess the abdominal contents. We can usually see the exact nature of the disease in your colon and also check other parts of the abdomen – for example the liver, stomach, small intestine or ovaries.

The colon is then mobilised (freed up from its surrounding attachments) so that it can be safely removed, along with some of the mesentery (a flat fatty sheet that carries the blood vessels and lymph drainage from the bowel). In most cases the remaining bowel ends can be joined up again either using special stapling instruments or sutures.

If a stoma (where the bowel is brought out to the skin) is needed then this will have been discussed in advance. At the end of the operation the abdominal wall is stitched together and then the skin is closed, often with absorbable sutures (so there is no need for stitches to be removed after the procedure).

During surgery, you may lose blood. If you lose a considerable amount of blood your doctor may want to replace the loss with a blood transfusion as significant blood loss can cause you harm. The blood transfusion can involve giving you other blood components such as plasma and platelets which are necessary for blood clotting. Your doctor will only give you a transfusion of blood or blood components during surgery, or recommend for you to have a transfusion after surgery, if you need it.

Compared to other everyday risks the likelihood of getting a serious side effect from a transfusion of blood or blood component is very low. Your doctor can explain to you the benefits and risks from a blood transfusion. Your doctor can also give you information about whether there are suitable alternatives to blood transfusion for your treatment. There is a patient information leaflet for blood transfusion available for you to read.

**After the procedure**

Once your surgery is completed you will usually be transferred to the recovery ward where you will be looked after by specially trained nurses, under the direction of your anaesthetist. The nurses will monitor you closely until the effects of any general anaesthetic have adequately worn off and you are conscious. They will monitor your heart rate, blood pressure and oxygen levels too. You may be given oxygen via a facemask, fluids via your drip and appropriate pain relief until you are comfortable enough to return to your ward. You will also have a tube (catheter) in your bladder to drain away urine – this enables careful measurement and avoids the need for you to get out of bed to urinate.

After certain major operations you may be transferred to the intensive care unit (ICU/ITU), high dependency unit (HDU), intermediate dependency area (IDA) or fast track/overnight intensive recovery (OIR). These are areas where you will be monitored much more closely because of the nature of your operation or because of certain pre-existing health problems that you may have. If your surgeon or anaesthetist believes you should go to one of these areas after your operation, they will tell you and explain to you what you should expect.
Enhanced recovery

Where possible we make use of ‘enhanced recovery’ principles to minimise the impact of surgery on the body and enable a rapid return to normal activity. There are many aspects to this process which includes preoperative, intraoperative and post operative procedures. We aim to minimise pain, perform careful surgery, avoid unnecessary drips, tubes and drains, enable you to eat and drink straight after your operation, encourage early mobilisation to stimulate recovery and allow you to go home soon and safely. We want you to be involved with this and need your help to improve your recovery.

**Eating and drinking.** After your operation, you may drink and eat as soon as you feel like it. As long as your body will accept it this will be good for you. If you feel sick or bloated then you should cut back on oral intake until you feel better.

**Getting about after the procedure.** We will help you to become mobile as soon as possible after the procedure. This helps improve your recovery and reduces the risk of certain complications. You will have daily injections which reduce the chance of blood clotting in your legs (a DVT). Typically, you will be helped into a chair the following day. If you have any mobility problems, we can arrange nursing or physiotherapy help.

**Leaving hospital.** Most people who have this type of procedure will need to stay in hospital for two to five days. Sometimes complications arise and these will delay discharge. When you go home we would expect you to be mobile, comfortable and able to eat safely. The actual time that you stay in hospital will depend on your general health, how quickly you recover from the procedure and your doctor’s opinion.

**Resuming normal activities including work.** Most people who have had this procedure can get back to normal activities within six to eight weeks. Initially you will feel more tired than usual but this should not stop you from doing anything, because activity is beneficial. For driving you need to feel safe and to be able to brake in an emergency – this often takes two to four weeks. When going back to work see if you can start half days or work a little from home until your energy levels are improved.

**Special measures after the procedure:** Sometimes, people feel sick after an operation, especially after a general anaesthetic, and might vomit. If you feel sick, please tell a nurse and you will be offered medicine to make you more comfortable.

**Pain control:** This is usually with either an epidural or patient-controlled analgesia (see below for details).
Check-ups and results: Before you leave hospital, we will give you details of when you need to return to see us, for example outpatient clinics or for the results of your surgery. At this time, we can check your progress and discuss with you any further treatment we recommend.

Significant, unavoidable or frequently occurring risks of this procedure

Surgery to remove part of the bowel is a major operation and there are certain risks known to be associated with it. These include the risks of surgery in general, the risks particularly associated with bowel surgery and the risks of anaesthetic described in more detail over the page. The general risks of surgery include problems with the wound (for example, infection), breathing (for example, chest infection), heart (for example, abnormal rhythm or occasionally a heart attack), blood clots (for example, in the legs or occasionally in the lung) and kidneys (for example, kidney failure). Those specifically related to colectomy include problems with the seal where the bowel has been joined (for example, ‘anastomotic leak’), a transient blockage of the bowel, bleeding or infection in the abdominal cavity. Rarely, further surgery is required to put right such complications. If there is a leak from the bowel join (anastomotic leak) surgery is often required and this usually requires a stoma to be created; this is a serious complication but the risk is low, of the order of 5-7%.

Sometimes during the operation it becomes apparent that the disease is more complicated than was anticipated: the type of surgery may need to be altered to take this into account. This may mean removing more bowel or part of a nearby organ (for example small intestine, bladder or ovary). The consent form you sign will include this possibility. If there is any part of you which you specifically do not wish to be removed then this must be written clearly on the consent form before signing.

When a colectomy is performed it is almost always possible to join the two ends of the remaining bowel together afterwards. Very rarely, due to unforeseen circumstances this may not be possible and the bowel may need to be brought out to the skin as a stoma (for example colostomy or ileostomy). If there is a significant possibility of this, your surgeon will let you know and you will be counselled by a stoma nurse prior to the operation.

Most people will not experience any serious complications from their surgery. The risks increase for the elderly or overweight and for those who already have heart, chest or other medical conditions such as diabetes or kidney failure. There is a tiny risk of death. You will be cared for by a skilled team of doctors, nurses and other health care workers who are involved in this type of surgery on a daily basis. Any problems that arise can be rapidly assessed and appropriate action taken.

Alternative procedures that are available

For most of the conditions where colectomy is advised the only alternative to surgery is medical treatment with drugs. Where there is a cancer of the bowel, drug treatment alone will not cure the disease. If you were to decide against surgery then your cancer would progress, though usually quite slowly over months.

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This could result in bleeding, the development of a blockage in the bowel and eventually the spread of cancer to other parts of the body.

For inflammatory conditions surgery is usually recommended when medical treatment has failed to control the symptoms. Where there is a narrowing of the bowel it is sometimes possible to stretch this from within using a special balloon, though often surgery is the better option.

**Anaesthesia**

Anaesthesia means ‘loss of sensation’. There are three types of anaesthesia: general, regional and local. The type of anaesthesia chosen by your anaesthetist depends on the nature of your surgery as well as your health and fitness. Sometimes different types of anaesthesia are used together.

**Before your operation**

Before your operation you will meet an anaesthetist who will discuss with you the most appropriate type of anaesthetic for your operation, and pain relief after your surgery.

To inform this decision, he/she will need to know about:

- your general health, including previous and current health problems
- whether you or anyone in your family has had problems with anaesthetics
- any medicines or drugs you use
- whether you smoke
- whether you have had any abnormal reactions to any drugs or have any other allergies
- your teeth, whether you wear dentures, or have caps or crowns.

Your anaesthetist may need to listen to your heart and lungs, ask you to open your mouth and move your neck and may review your test results.

**Moving to the operating room or theatre**

Before starting your anaesthesia the medical team will perform a check of your name, personal details and confirm the operation you are expecting.

You will change into a gown before your operation and we will take you to the operating suite. When you arrive in the theatre or anaesthetic room, monitoring devices may be attached to you, such as a blood pressure cuff, heart monitor (ECG) and a monitor to check your oxygen levels (a pulse oximeter). An intravenous line (drip) may be inserted and you may be asked to breathe oxygen through a face mask.
General anaesthesia

During general anaesthesia you are put into a state of unconsciousness and you will be unaware of anything during the time of your operation. Your anaesthetist achieves this by giving you a combination of drugs.

While you are unconscious and unaware your anaesthetist remains with you at all times. He or she monitors your condition and administers the right amount of anaesthetic drugs to maintain you at the correct level of unconsciousness for the period of the surgery. Your anaesthetist will be monitoring such factors as heart rate, blood pressure, heart rhythm, body temperature and breathing. He or she will also constantly watch your need for fluid or blood replacement.

Regional anaesthesia

Regional anaesthesia includes epidurals, spinals, caudals or local anaesthetic blocks of the nerves to the limbs or other areas of the body. Local anaesthetic is injected near to nerves, numbing the relevant area and possibly making the affected part of the body difficult or impossible to move for a period of time. Regional anaesthesia may be performed as the sole anaesthetic for your operation, with or without sedation, or with a general anaesthetic. Regional anaesthesia may also be used to provide pain relief after your surgery for hours or even days. Your anaesthetist will discuss the procedure, benefits and risks with you and, if you are to have a general anaesthetic as well, whether the regional anaesthesia will be performed before you are given the general anaesthetic.

Local anaesthesia

In local anaesthesia the local anaesthetic drug is injected into the skin and tissues at the site of the operation. The area of numbness will be restricted and some sensation of pressure may be present, but there should be no pain. Local anaesthesia is used for minor operations such as stitching a cut, but may also be injected around the surgical site to help with pain relief. Usually a local anaesthetic will be given by the doctor doing the operation.

What will I feel like afterwards?

How you will feel will depend on the type of anaesthetic and operation you have had, how much pain relieving medicine you need and your general health.

Most people will feel fine after their operation. Some people may feel dizzy, sick or have general aches and pains. Others may experience some blurred vision, drowsiness, a sore throat, headache or breathing difficulties.

You may have fewer of these effects after local or regional anaesthesia. When the effects of the anaesthesia wear off you may need pain relieving medicines.
What are the risks of anaesthesia?

In modern anaesthesia, serious problems are uncommon. Risks cannot be removed completely, but modern equipment, training and drugs have made it a much safer procedure in recent years. The risk to you as an individual will depend on whether you have any other illness, personal factors (such as smoking or being overweight) or surgery which is complicated, long or performed in an emergency.

Very common (1 in 10 people) and common side effects (1 in 100 people)
Feeling sick and vomiting after surgery
Sore throat
Dizziness, blurred vision
Headache
Bladder problems
Damage to lips or tongue (usually minor)
Itching
Aches, pains and backache
Pain during injection of drugs
Bruising and soreness
Confusion or memory loss

Uncommon side effects and complications (1 in 1000 people)
Chest infection
Muscle pains
Slow breathing (depressed respiration)
Damage to teeth
An existing medical condition getting worse
Awareness (becoming conscious during your operation)

Rare (1 in 10,000 people) and very rare (1 in 100,000 people) complications
Damage to the eyes
Heart attack or stroke
Serious allergy to drugs
Nerve damage
Death
Equipment failure

Deaths caused by anaesthesia are very rare. There are probably about five deaths for every million anaesthetics in the UK.

Pain relief

Pain relief (analgesia) after major bowel surgery may be provided by regional analgesia, either by an epidural, caudal or a spinal injection (depending upon your particular operation), or by strong pain killers such as morphine, usually administered into the vein by a patient controlled analgesia system. The latter is a system whereby you control the administration of pain killer into your intravenous drip by pressing a button.
Local anaesthetic injections around nerves which supply the abdominal wall may also be used, for example TAP blocks.

Your anaesthetist will discuss pain relief with you prior to surgery, along with the risks and benefits of the techniques.

The risks of the epidural and spinal pain relief are similar to the risks of regional anaesthesia, as listed above.

Patient information leaflets are available for epidural and pain controlled analgesia from our website or can be provided upon request from the pre-admission clinic.

Other analgesics may also be administered as injections, tablets or suppositories (if appropriate), particularly after a day or two, when the pain will be decreasing and the epidural or patient controlled analgesia are stopped.

This hospital has an ‘Acute pain team’, who are a team of nurses and anaesthetists who specialise in pain relief after surgery. One of the team may visit you after your surgery to help and advise the ward team with the management of any pain you may have.

Information about important questions on the consent form

1 Creutzfeldt Jakob Disease ('CJD')

We must take special measures with hospital instruments if there is a possibility you have been at risk of CJD or variant CJD disease. We therefore ask all patients undergoing any surgical procedure if they have been told that they are at increased risk of either of these forms of CJD. This helps prevent the spread of CJD to the wider public. A positive answer will not stop your procedure taking place, but enables us to plan your operation to minimise any risk of transmission to other patients.

2 Photography, Audio or Visual Recordings

As a leading teaching hospital we take great pride in our research and staff training. We ask for your permission to use images and recordings for your diagnosis and treatment, they will form part of your medical record. We also ask for your permission to use these images for audit and in training medical and other healthcare staff and UK medical students; you do not have to agree and if you prefer not to, this will not affect the care and treatment we provide. We would ask for your separate written permission to use any images or recordings in publications or research.

3 Students in training

Training doctors and other health professionals is essential to the NHS. Your treatment may provide an important opportunity for such training, where necessary under the careful supervision of a registered professional. You may, however, prefer not to take part in the formal training of medical and other students without this affecting your care and treatment.
4 Use of Tissue

As a leading bio-medical research centre and teaching hospital, we may be able to use tissue not needed for your treatment or diagnosis to carry out research, for quality control or to train medical staff for the future. Any such research, or storage or disposal of tissue, will be carried out in accordance with ethical, legal and professional standards. In order to carry out such research we need your consent. Any research will only be carried out if it has received ethical approval from a Research Ethics Committee. You do not have to agree and if you prefer not to, this will not in any way affect the care and treatment we provide. The leaflet ‘Donating tissue or cells for research’ gives more detailed information. Please ask for a copy.

If you wish to withdraw your consent on the use of tissue (including blood) for research, please contact our Patient Advice and Liaison Service (PALS), on **01223 216756**.
**Information and support**
If you have any questions or anxieties, please feel free to ask a member of staff including the doctor or Ward staff. If you have further questions please contact one of the colorectal specialist Sisters on telephone number **01223 217923**.

**Privacy & Dignity**
Same sex bays and bathrooms are offered in all wards except critical care and theatre recovery areas where the use of high-tech equipment and/or specialist one to one care is required.

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We are a smoke-free site: smoking will not be allowed anywhere on the hospital site. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

**Other formats:**
If you would like this information in another language or audio, please contact Interpreting services on telephone: 01223 256998, or email: interpreting@addenbrookes.nhs.uk For Large Print information please contact the patient information team: patient.information@addenbrookes.nhs.uk.

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**Document history**
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To remove the diseased bowel – for cancer the aim is to take out the tumour completely with a margin around it if possible.
Colectomy

C) any extra procedures that might become necessary during the procedure such as:

☐ Blood transfusion  ☐ Other procedure (please state)

2 The following information leaflet has been provided:

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Version, reference and date:

or ☐ I have offered the patient information about the procedure but this has been declined.

3 This procedure will involve:

☐ General and/or regional anaesthesia  ☐ Local anaesthesia  ☐ Sedation  ☐ None

Signed (Health professional):鬼

Date: R.R. / M.M. / Y.Y.Y.Y.

Name (PRINT): 鬼 Time (24hr): H.H.: M.M.

Designation:鬼 Contact/bleep no: 鬼

C) Consent of patient / person with parental responsibility

I confirm that the risks, benefits and alternatives of this procedure have been discussed with me and that my questions have been answered to my satisfaction and understanding.

Important: please read the patient information about this procedure and then put a tick in the relevant boxes for the following questions:

1 Creutzfeldt Jakob disease (CJD)

Have you ever been notified that you are at risk of CJD or variant CJD for public health purposes? If yes, please inform your health professional.

☐ Yes  ☐ No

2 Photography, Audio or Visual Recording

a) I agree to the use of any of the above type of recordings for the purpose of diagnosis and treatment.

☐ Yes  ☐ No

b) I agree to unidentified versions of any of the above recordings being used for audit and medical teaching in a healthcare setting.

☐ Yes  ☐ No

3 Students in training

I agree to the involvement of medical and other students as part of their formal training.

☐ Yes  ☐ No
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4 Use of Tissue

a) I agree that tissue (including blood) not needed for my own diagnosis or treatment can be used and stored for ethically approved research which may include ethically approved genetic research.

b) Where additional clinical information is needed for the purposes of ethically approved research, I agree that relevant sections of my medical record may be looked at by researchers or by relevant regulatory authorities. I give permission for these individuals to have access to my records.

I have listed below any procedures that I do not wish to be carried out without further discussion.

I have read and understood the Patient Information about this procedure and the above additional information. I agree to the procedure or treatment.

Signed (Patient): .......................................................... Date: __/__/yyyy
Name of patient (PRINT): ................................................

If signing for a child or young person; delete if not applicable.
I confirm I am a person with parental responsibility for the patient named on this form.

Signed: ............................................................................ Date: __/__/yyyy
Relationship to patient:

If the patient is unable to sign but has indicated his/her consent, a witness should sign below.

Signed (Witness): .......................................................... Date: __/__/yyyy
Name of witness (PRINT): ................................................
Address:

Patient safety – at the heart of all we do

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D Confirmation of consent

Confirmation of consent (where the treatment/procedure has been discussed in advance)
On behalf of the team treating the patient, I have confirmed with the patient that she/he has no further questions and wishes the treatment/procedure to go ahead.

Signed (Health professional): .................................................. Date: ..........P.P..M.M.Y.Y.Y.Y
Name (PRINT): ................................................................. Job title: .................................................................

Please initial to confirm all sections have been completed:

E Interpreter’s statement (if appropriate)

I have interpreted the information to the best of my ability, and in a way in which I believe the patient can understand:

Signed (Interpreter): .................................................. Date: ..........P.P..M.M.Y.Y.Y.Y
Name (PRINT): .................................................................

Or, please note the language line reference ID number:

F Withdrawal of patient consent

☐ The patient has withdrawn consent (ask patient to sign and date here)

Signed (Patient): .................................................. Date: ..........P.P..M.M.Y.Y.Y.Y
Signed (Health professional): .................................................. Date: ..........P.P..M.M.Y.Y.Y.Y
Name (PRINT): ................................................................. Job title: .................................................................