

Patient information

Computerised Tomography (CT) Colonography Appointment

Imaging Department

Your clinician has advised that you have a CT Colonography with Gastrografin bowel preparation. Bowel Preparation (cleansing) is needed to perform an effective procedure.

This leaflet contains information about:

- When you should take the gastrografin bowel preparation.
- How to make up the gastrografin bottles.
- When you can eat and drink.
- What you can eat and drink.
- What food and drink to avoid.
- Instructions on taking your medication.
- What to do if you have diabetes.

What is a CT scan?

CT stands for Computerised Tomography. It is a powerful computer linked to an X-ray machine, which produces special pictures of most parts of the body. A CT colonography looks mainly at your large bowel (colon), and can also assess the other organs in your abdomen.

Any alternative treatments or procedures will have been discussed at your initial consultation with your referring practitioner.

What are the benefits of having a CT scan?

CT provides very detailed pictures, which can help make the correct diagnosis. A CT scan is very similar to having an ordinary X-ray.

What are the risks of having a CT Colonography?

Every day we are all exposed to natural radiation such as from the sun. Like an X-ray, CT involves a small extra dose, but every effort is made to keep this dose as small as possible. However, even this small extra amount may be harmful to an unborn child. If you are taking the oral contraceptive pill, diarrhoea can make this less effective, continue taking the pill but use other precautions for the rest of that cycle.

If you think that there is a chance you may be pregnant, please contact the CT Department before your appointment on Tel: 0151 706 2759

Text phone number: 18001 0151 706 2759

For this scan we may need to give you two injections into a vein, like a blood test. The first is a muscle relaxant called Buscopan. It is given to make your bowel muscles relax. This injection may make your mouth feel dry and you may have blurred vision. These effects usually disappear within half an hour.

However, you should not drive until your vision has returned to normal.

Other eye problems, such as pain or redness are rare. However, if they do occur please **urgently** contact St Paul's Eye Hospital here at the Royal Liverpool University Hospital on Tel: 0151 706 3949 Text phone number: 18001 0151 706 3949 for advice. Tell them you have had an injection of buscopan.

The second injection is contrast medium, which is a clear X-ray dye which shows up on the scan to give clearer pictures. The dye may make you feel warm for a few minutes.

Sometimes we need to take special precautions for patients with diabetes who are taking Metformin (Glucophage), patients with asthma, patients with angina or people who have had problems with X-ray dye in the past. If you are one of these patients or think that you might be, please contact the CT Department on Tel: 0151 706 2759 **before** your appointment.

As part of a CT colonography, gas (carbon dioxide) is introduced into your bowel. There is a small risk of damage to the wall of the colon during this test, this happens fewer than 1 in 3000 tests.

If you are worried about any of these risks, please speak to your Consultant or a member of their team.

What will happen if I don't have a CT scan?

Your diagnosis and treatment may be delayed.

Preparing for your test: (full instructions on next page, please follow these as closely as possible)

- If you are taking **iron tablets stop taking them four days before your scan**
Or from the date your appointment is made if at short notice.
- Continue taking all other current medication.
- The success of the examination depends on your bowel being as clear as possible. If it is not, the examination may have to be repeated.
- Gastrografin must be taken as this highlights any residue left in the bowel.
- You will need to stay close to a toilet after starting the gastrografin as this can have a strong laxative effect.
- Do not take the gastrografin if you are allergic to iodine or X-ray dye, or if you have difficulty in swallowing, or if you have an overactive thyroid or Grave's disease.

Please contact us if this is the case.

If you have diabetes please ensure you read the information on page 5-6

The following instructions must be carried out. Your appointment will have to be cancelled if this is not done:

Two days before your scan:

Two days before the test you should only eat low residue food. Please see the food you are allowed and the foods you should avoid in the table below:

	Foods Allowed:	Do Not Eat:
Starchy Foods	White rice/Cous cous/ White Bread /Pastry (white flour)/Croissants (white flour)	Wholemeal or granary bread/ flour/wholemeal pasta/brown rice/pearl Barley/quinoa
Breakfast Cereal	None	Avoid all cereals e.g. Branflakes/Weetabix/ Shreddies/ etc. Also Porridge and Muesli/all containing dried fruit/nuts
Dairy	Milk, yoghurts (smooth), Cheese/tofu, butter/ margarine	Yoghurts or cheeses containing fruit/nut pieces
Meat, fish and eggs	White meat, fish and poultry, all eggs	Red meat or meat that is tough or gristly/skin and bones of fish and chicken/pies/egg dishes containing vegetables
Vegetables	Potatoes without skin, boiled/mashed/chips, Crisps	Vegetables/salad, baked beans, split peas/lentils, peas, sweet corn, celery, all seeds, tough skins, potato skins
Fruit	None	Avoid all fruit
Nuts	None	Avoid all nuts
Desserts and sweets	Sponge cakes without fruit or nuts/custard/ice cream/jelly/rice pudding/semolina/ chocolate without fruit/ nuts/boiled sweets/Rich tea biscuits/smooth yoghurt	Puddings/cakes/biscuits made with wholemeal flour, dried fruit or nuts. Chocolate or toffee with dried fruit or nuts/ popcorn/marzipan/ digestive biscuits/ marmalade with peel or jam with seeds
Other	Clear soups, spices, pepper, stock cubes, tea, coffee, squash, mar-mite, honey, shredless/ seedless Marmalade or jam.	Lentil/vegetables soups, pickles/chutneys, horse-radish, relish

Have plenty to drink from tea, coffee, squash, fizzy drinks, water, clear fruit juices (e.g. apple, grape, cranberry)

Suggested meals could include for example:

Breakfast: White bread/toast with butter and honey, Boiled or poached egg.

Lunch/ Dinner: Grilled fish or chicken with white rice and boiled potatoes (no skin)

Scrambled eggs on white toast, vanilla ice cream

Read the following instructions carefully for your morning appointment

The day before your procedure

We have enclosed three bottles of Gastrografin to be taken

07.00-08.00am	<p>Eat breakfast according to the low fibre diet. This will be the last solid meal until after your procedure.</p> <p>Do not take any additional laxatives that have not been prescribed for this test.</p>
09.00am	<p>From this time onwards Do not eat any solid food. Your bowel needs to be empty for your procedure.</p> <p>You can drink any of the fluids from this list; water, clear fizzy drinks, Lucozade, clear soup, dilute drinks, tea and coffee without milk, Bovril, Oxo.</p>
10.00am (10.00 hours)	<p>Please mix the contents of two bottles of gastrografin with one pint / 500 mls of cold water. Cordial can be added if desired.</p> <p>Make sure you stay close to a toilet following this as the fluid may have a strong laxative effect.</p>
Lunch	<p>You can have clear soups or jelly (not red or blackcurrant). Remember to drink plenty of clear fluids.</p>
6.00pm (18.00hours)	<p>Please mix the third bottle of gastrografin with one pint/500mls of cold water. Cordial can be added if desired.</p>
	<p>The gastrografin will have a laxative effect in most patients. The gastrografin contains iodine which highlights any faeces left in the bowel and helps to make a diagnosis.</p>
The day of your procedure	<p>Do not eat anything. You may drink clear or sugary drinks.</p>

Extra Instructions for people with diabetes only:

If you have diabetes please follow the below advice for your type of diabetes carefully.

If you have not been given a morning appointment please contact the Appointments Office on Tel: 0151 706 2759 Text phone Number: 18001 0151 706 2759.

For morning appointment for people with diabetes treated with insulin

Day before the procedure

- Follow low residue diet until 8am.
- No more solid food.
- Clear fluids only until after the test.

Test blood glucose levels four hourly during the day.

Insulin should be taken according to the table below:

Twice Daily Insulin Biphasic Insulin	Take as normal in the morning and half the usual dose in the evening.
Multiple Doses of Both Short and Long/Intermediate Acting Insulin	Take the full dose of Short Acting Insulin at breakfast. (Begin clear fluids after 8am). Take the Long Acting or Intermediate Acting Insulin as normal.
Once daily Long Acting or Intermediate Acting Insulin	Take as normal.

Day of the Procedure

- Continue with clear fluids.
- Test blood glucose levels four hourly.

Twice Daily Insulin Biphasic Insulin	No insulin in the morning.
Multiple Doses of Both Short and Long/Intermediate Acting Insulin	No short acting Insulin at breakfast. Take the next short acting Insulin with the first full meal after the CT colonography (eating can be resumed immediately after the procedure) Take the Long Acting or Intermediate Acting Insulin as normal.
Long Acting or Intermediate Acting Insulin	Take as normal.

Following the procedure normal eating and drinking resumes, take next insulin dose as normal.

Important: - Blood glucose levels may be higher than normal for a day or two following the procedure so should be monitored regularly.

For morning appointment for people with diabetes not treated with Insulin:

- This advice is relevant to all oral diabetes medications and injections of the GLP-1 receptor agonists e.g. Exenatide (Byetta), Liraglutide (Victoza) and Lixisenatide (Lyxumia).
- Exenatide SR (Bydureon) Injection and Trulicity (Dulaglutide) are once weekly and can be continued as normal

Important: If you have a blood glucose meter, and usually monitor your blood glucose levels then you should test your blood glucose before meals and before going to bed.

On the day of the scan:

- **Do not** take morning doses of diabetic medication.
- Continue with clear fluids.
- Following the procedure if normal eating and drinking resumes take usual medication for diabetes at the usual normal times.
- Blood glucose levels may be higher than usual for a day or two.

Your scan

You will be asked to change into a hospital gown. Once you are in the scan room you will be asked to lie on your side so that a small tube can be put into your back passage.

Gas (carbon dioxide) will be passed through this tube into your bowel to help us see it more clearly which may cause mild griping pains in your abdomen. The buscopan injection will help ease these pains.

Once the gas has gone into your bowel you will be asked to lie on your stomach on the CT scanner. After the first scan you will be asked to lie on your back for the second scan. For this scan, we may need to give you an injection into a vein, like a blood test. The injection is contrast medium which is an X-ray dye. It is a colourless liquid which when injected shows up on the X-ray images and helps to make a diagnosis.

The CT scanner is very like an ordinary x-ray machine. The main difference is that on the CT scanner you will be passed through a wide ring, a bit like a giant polo mint.

If you do not wish to have the gas please contact us on receipt of this letter as we will not be able to do the test.

Most scans take about 20 minutes but you should expect to be in the CT department for one hour.

After your scan

After the examination you may feel windy for the rest of the day. Gentle exercise and warm drinks will help to ease this. Sometimes the X-ray dye can make you feel a little bit dehydrated. To stop this happening to you please drink extra fluids following your scan, ideally equal to one cup of tea every hour for the next six hours.

If you are an **outpatient** you may go home, return to work or drive if necessary. You can eat normally again.

If you are an **in-patient**, you should be able to resume your normal diet but please check with the ward staff. The X-Ray porter will take you back to the ward.

Results

The results will **not** be available on the day of your scan. Your results are sent to the doctor who asked for this test to be carried out. This may be the hospital doctor or your family doctor.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your Outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any further questions, or require further information, please contact the Appointments Office:

Tel: 0151 706 2759

Text phone number: 18001 0151 706 2759

Author: Imaging Department

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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