

References

Gastrografin Solution Product Characteristics: Bayer Pharma AG;
Revised 12.2012

Guidance on the use of CT Colonography for Suspected
Colorectal Cancer: BSGAR and RCR; 09.2014

Guidelines for the use of imaging in the NHS Bowel Cancer
Screening Programme: 2nd Edition: NHSBCSP Publication No5;
11.2012

The Trust endeavours to ensure that the information given here is
accurate and impartial.



If you require this information in another language, large print,
audio (CD or tape) or braille please email the Patient Information
team at patient.information@ulh.nhs.uk

A grayscale CT scan image of a human colon, showing its characteristic coiled shape. The image is centered on a black background. At the top left of the image area, there are three small circular icons: a red heart, a yellow sun, and a green hand. To their right is the text 'CARING FOR YOU'. At the top right, the NHS logo is present, with 'United Lincolnshire Hospitals NHS Trust' written below it. In the bottom right corner of the image area, there is small text: 'Vitrea6' and 'WL:500/700'. Below the image, the text 'CT Colonogram' is written in a large, bold, black font. Underneath that, a message reads: 'Please read this information carefully as it contains important information about your test'. At the bottom of the white section, contact information is provided: 'Lincoln Hospital: 01522 573069', 'Pilgrim Hospital: 01205 445844/445845', 'Grantham Hospital: 01476 464285', and 'www.ulh.nhs.uk'. The entire content is enclosed in a blue border.



This leaflet will tell you about your CT Colonogram and how to prepare for it.

What is a CT Colonography?

CT Colonography (sometimes referred to as CT Virtual Colonoscopy) is an x-ray test using the CT scanner. The CT scanner will take a large number of images very quickly of the whole of your large bowel.

For a CT Colonography to be successful, we will ask that you prepare your bowel with a special liquid called Gastrografin and follow a special diet the day before your scan. The instructions for this can be found later in this leaflet under - Your Preparation.

What happens during the CT Colonography?

To get good pictures of your large bowel, we will place a very small flexible tube into your back passage. We will then use some air to inflate the bowel. You will be asked to lie on your back and on your tummy or side while we take the scan. After the scan, the Doctor will look at the images to make a diagnosis.

Is there anything else I need to know before my scan?

CT Colonography is generally a very safe test. Problems rarely occur. The CT department will make sure you are aware of these on the day of your scan and in the event of any problems they will make sure you receive the right care.

You can take all your medications as normal unless:

- You are diabetic - please contact the Diabetic Nurses on 01205 445816 or 01205 445695 for advice about your medication.
- If you are allergic to iodine DO NOT TAKE the Gastrografin, please contact the hospital site where your appointment has

After your scan

You will be provided with some aftercare information.

You may eat and drink normally.

If you are on iron tablets, you may restart your iron tablets.

The results of your scan will go back to your referring Doctor and will be available for your next appointment.

Further Information

If you have any further questions or to rearrange your appointment please contact the CT Appointments office on the site where your appointment has been booked.

Lincoln	01522 573069
Pilgrim	01205 445844 or 01205 445845
Grantham	01476 464285

If you require and believe you are eligible for transport

Please call Thames Ambulance Service TASL on 0808 164 14586 to book transport. Advice on eligibility will be given by the TASL operator who receives your call.

What will happen at the hospital on the day of my scan?

On the day of your test, please report to the CT/Ultrasound reception area if your appointment is in Pilgrim. For Lincoln or Grantham appointments, please report to the X-ray department reception where you will be directed to the waiting area. Gowns are provided. You may, however, prefer to bring an extra dressing gown for your own comfort.

It is important that you bring your appointment letter with you on the day of your test.

The radiographer doing your scan will prepare you for the scan and make sure you are happy to go ahead.

If you are happy, you will have the scan which can take up to 30 minutes.

We may give you a muscle relaxant to avoid muscle spasm and make the test more comfortable. The radiographer will then place the small tube into your back passage and start to inflate your bowel with carbon dioxide. This is introduced very slowly using a machine designed for this exam which controls the pressure and flow rate. You may feel some bloating and mild discomfort whilst the carbon dioxide is going in.

The radiographer will then take the necessary pictures.

There are times when we might need to do more scans than expected. We may also need to give you an injection of some x-ray dye (contrast media) as part of the scan. If this is necessary the radiographer will explain this to you at the time.

When the scan is complete, the CT team will make sure you feel ok before you leave the department.

been made and you will be given an alternative bowel preparation called Baritop.

If you are on iron tablets - you must stop your iron tablets 3 days before the scan.

Your Preparation

To enable us to get the best images possible during your scan, it is vital that you follow these preparation guidelines.

CT Colonogram Preparation

- | | |
|--------------------------|---|
| 3 days before your scan | <ul style="list-style-type: none">• If you take iron tablets; stop taking them now• Continue all your other medications as normal |
| The day before your scan | <ul style="list-style-type: none">• Take the Gastrografin/Baritop as directed• Do not eat any solid foods today but drink plenty of fluids. Please see diet section overleaf |
| On the day of your scan | <ul style="list-style-type: none">• Please do not eat anything before your scan• You may drink water and sugary drinks |

What if I could be pregnant?

- If there is any possibility that you could be pregnant you must inform the X-Ray Department where your appointment is booked.
- If you are between 12 and 55 years old you may be asked to contact the X-Ray Department on the first day of your period so that this test can be done within 10 days to avoid any possibility of pregnancy. This is not necessary if you have been sterilised or have had your womb removed.
- If you take oral contraceptives, diarrhoea may reduce their effectiveness. Continue taking oral contraceptives but use other precautions for the remainder of that cycle.

How to take your Gastrografin (Glass bottle)

You will need to start taking your Gastrografin the day before your scan.

At 10.00am, please drink half the bottle (50mls) of Gastrografin diluted with the same amount of water. It may be flavoured with cordial if you prefer.

At 6.00pm, drink the second half of the Gastrografin diluted as above.

How to take your Baritop (Metal can)

At 10.00am dilute 50mls of Baritop with 2000 mls of water and drink over three hours. It may be flavoured with cordial if you prefer.

Diet

It is important for your test that you follow this special diet. If you are unable to follow this diet, we may not be able to do the scan.

On the day **before** your scan:
Please do not eat any solid foods.

You must take the Gastrografin as directed. Please be aware Gastrografin can have a laxative effect and it is advisable to be near a toilet once you have started taking it.

You will need to drink at least 1 cup of fluid every hour during the day (see below for options).

You may have:

- Clear soups (eg strained chicken soup)
- Jelly
- Ice cream
- Bovril drinks
- Water
- Clear juice
- Fizzy drinks
- Coffee and tea (you may have milk in your drinks)

On the day of your scan:

Please do not eat any solid foods, you may drink water or clear sugary drinks (such as Lucozade).