

Further sources of information

www.patient.co.uk
www.nhsdirect.nhs.uk
www.diabetes.co.uk

For information about the effects of X-rays read the NRPB publication: "X-rays how safe are they" on the National Radiological Protection Board website: www.nrpb.org.uk

Useful Contact Numbers

X-Ray Department Appointments	01522 573069
Diabetes Nurse Specialists	01522 573074
Colorectal Nurse	01522 573776
Lincoln Hospital Switchboard	01522 512512

Lincoln County Hospital Car parking charges

0–1 hours £1.40/1–4 hours £3.40/4-6 hours £4.00

Feedback

If you have any comments or questions about this patient information leaflet please contact the X-Ray Department on 01522 573069.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk
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



CT Colonography

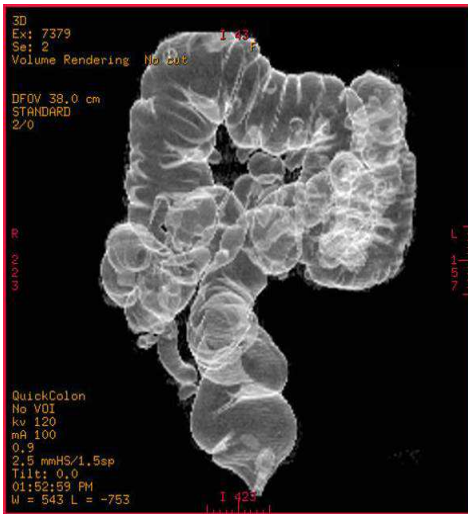
This leaflet tells you about your CT Examination

Radiology Department

Lincoln County Hospital

01522 573069
www.ulh.nhs.uk

This leaflet tells you about CT colonography, a test to look inside your abdomen and bowel for any abnormality. It explains how the test is done, the risks involved and what to expect.



What is CT Colonography?

CT colonography involves using a CT scanner to produce two and three dimensional images of the whole of your large bowel (colon and rectum).

CT stands for Computed Tomography, which is a way of using X-rays to produce images of a 'slice' through a part of the body.

During the procedure a muscle relaxant may be injected into a vein to avoid muscle spasm. A thin flexible tube will be placed in your back passage and gas will be used to inflate your bowel.

CT scans are then performed with you first lying on your back and then on your front or side to ensure we can see the whole of your large bowel.

Are there alternatives to CT Colonography?

There are two alternative ways of looking at the large bowel, barium enema and endoscopy.

Barium enema has been available for many years but does not provide as much information and is less comfortable for patients.

Endoscopy, where a thin tube with a camera on the end (colonoscope) is passed into the back passage and moved up and around the bowel, remains as a standard test for the large

Day of procedure: *(Use this space to record advice given)*

Following procedure: *(Use this space to record advice given)*

Frequently Asked Questions

What about taking tablets and medicines?

If you take iron tablets you must stop taking them for 7 days before your CT colonography. You should continue to take any other regular medication.

What if nothing happens after taking the tagging liquid?

The tagging liquid may have a laxative effect and may cause some diarrhoea but it is not a bowel cleansing agent, so don't worry.

What if I'm still going to the toilet on the morning of the test?

You may wish to wear a pad if you are concerned that you may leak during your journey to the hospital.

What about taking my Diabetes tablets and/or insulin and diet?

- If you take tablets and/or insulin to control your diabetes you may have to alter your medication during the bowel preparation and while you are unable to eat a normal diet.
- Please contact the **Diabetes Nurse Specialists on 01522 573074** for personalised advice regarding your diabetes medication.
- The Diabetes Nurse Specialist will advise you if you are at risk of low blood glucose levels (hypos). If you treat your diabetes with certain tablets or insulin, you may be at higher risk of experiencing low blood glucose (sugar) levels.
- If you have a blood glucose monitor, it is advisable to monitor your blood sugar levels every two hours while you are following the bowel preparation instructions.
- If you are unsure about how to recognise or treat low blood glucose levels (hypos), please discuss this with the Diabetes Centre.

Please bring your diabetes medication and something to eat afterwards with you to the X-Ray Department.

Usual Medication / Insulin - Include Doses:

(Write your normal medication and/or insulin in this space)

2 days before procedure: *(Use this space to record advice given)*

Day before procedure: *(Use this space to record advice given)*

bowel. It is more invasive than CT Colonography and usually requires sedation. However, it does allow tissue biopsy or polyp removal if needed.

What do I have to do before CT Colonography?

• Bowel preparation

To give us a clear view of the bowel lining, your bowel has to be prepared before the test. This involves drinking an iodine 'tagging' liquid two days before having the test. If you are allergic to iodine a barium liquid can be used instead.

You will be given a leaflet explaining this in more detail and diet instructions telling you what you can or cannot eat before your test.

It is essential that you follow the instructions on how to take the preparation as this will affect the accuracy of the test.

Please let us know as soon as possible on 01522 573069

(Monday to Friday 9.00am to 4:30pm) if

- You are allergic to iodine
- You have had rheumatic fever in the past

Please let us know if you have any of the following when you arrive for your test:

- Kidney problems
- Prostatism
- Glaucoma
- Angina
- You have had a heart attack in the last six months
- You are waiting for heart surgery
- You are waiting for a coronary angioplasty

Where do I go when I arrive at the hospital?

You should report to the X-Ray Department reception. If you need help with changing or translation, please bring someone with you.

Gowns are provided. You may however prefer to bring along an extra dressing gown for your comfort.

What happens during CT Colonography?

The Radiographer will explain the test and answer any questions. Please let him/her know if you have had any problems with your bowel preparation, diet instructions or your mobility.

- The procedure will then usually take about 15 to 20 minutes
- A muscle relaxant may be injected via a vein to avoid muscle spasm
- You will be asked to lie down on the scanner table on your right side
- The Radiographer will pass a short, thin, flexible tube into your back passage
- Gas (carbon dioxide) will be gently introduced into your bowel through the tube in your back passage
- This is done at a controlled rate by a machine specifically designed for this purpose
- Despite the muscle relaxant, you may still feel some bloating and mild discomfort in your abdomen like 'bad wind'
- Once the Radiographer is satisfied with the amount of gas in your large bowel, a CT scan will be taken with you lying on your back
- You will then be asked to turn on to your front or side for a second scan
- Each scan will take about 10 to 20 seconds (1 breath hold)

Are there any risks?

CT Colonography is generally regarded as a very safe test.

Problems can occur rarely and if they do, they are similar to those which could happen with other methods of examining the bowel or due to the muscle relaxant used (Buscopan).

These include the following:

- Abdominal discomfort
- 'Faint – like' reactions
- Damage to the bowel wall (a small tear in the lining of the colon or rectum may occur rarely, in fewer than 1 in 3000 tests)
- eye or eyesight problems - **seek immediate medical advice if you develop a painful, red eye or have any visual disturbances**

What happens after the test?

You will be taken to a toilet cubicle where you can dress, then go home. You can eat and drink normally from then on.

The results of your test will be forwarded to the referring Doctor. You will receive an appointment to see them in clinic, unless your GP referred you for this test in which case you should make an appointment to see your GP in a week after this test.

What if I could be pregnant?

- If there is any possibility that you could be pregnant you must inform the X-Ray Department on 01522 573069.
- 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.