

CT Colonography Diet Sheet

Please follow these instructions closely to make sure that your bowel is as empty as possible before the scan.

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

You may need to stay close to a toilet in the day before the examination as the preparations can have a laxative effect.

If you are taking iron tablets, stop taking them 7 days before your scan.
DO NOT take the medication if you are allergic to IODINE or if you have difficulty swallowing and contact us.

TWO DAYS BEFORE YOUR SCAN:

You can eat low fibre foods, including the following:

- Milk (2 cups a day), plain yoghurt, cheese, butter, margarine
- White fish or chicken: boiled/steamed/grilled
- Eggs, Tofu
- White pasta, white rice
- White bread, white pitta, white flour chapattis
- Potatoes with no skin, e.g. mashed, boiled
- Clear soups (no solid bits, e.g. sieved chicken noodle), Bovril, Oxo
- Clear jelly, boiled sweets, ice cream, chocolate (no fruit or nut pieces)
- Salt, pepper, sugar, sweeteners and honey

Have plenty to drink from tea, coffee, squash, fizzy drinks, especially Lucozade, 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



Do not eat high fibre foods, such as:

Red meats, pink fish (e.g. salmon)
Fruit, vegetables, salad, mushrooms, sweetcorn
Cereals, nuts, seeds, pips, bran, beans, lentils
Brown bread, brown or wild rice, brown pasta
Pickles, chutneys

At 7pm, mix 50mls of the Gastrografin diluted in 500-750mls of water/squash etc, drink over 1 hour.

THE DAY BEFORE YOUR SCAN:

Have a **light** breakfast, between 8 and 9am, choosing from the list of allowed foods. After this **DO NOT EAT ANY SOLID FOOD** until after your scan.

For the rest of the day, you can still have clear soups (eg sieved chicken noodle soup, vegetable Bouillon), jelly, Bovril and Oxo drinks, water, clear juices, fizzy drinks, energy drinks and herbal tea. It is important to drink enough to satisfy thirst, this will also help to avoid dehydration and head aches.

At 7pm take the remaining 50mls of Gastrografin diluted in 500-750mls of water/squash etc, drink over 1 hour.

ON THE DAY OF YOUR SCAN:

Keep drinking plenty of clear fluids from the list (especially Lucozade) but **DO NOT EAT** any solid food.

DO NOT STOP TAKING VITAL DRUGS SUCH AS STEROIDS, DIABETIC DRUGS AND HEART DRUGS.

INSULIN TREATED DIABETICS AND PATIENTS WITH PROSTHETIC HEART VALVES OR A HISTORY OF ENDOCARDITIS SHOULD RING THE DEPARTMENT FOR ADVICE PRIOR TO ATTENDING FOR THEIR APPOINTMENT.

If you have any questions please contact the Lincoln County Hospital Radiology Department, Monday to Friday between 9.00am and 4.30pm.

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

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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