



Information for CT Colonography: Limited Preparation

This factsheet will help you to understand the examination performed at Western Isles Hospital, and will answer some of the most commonly asked questions.

What is a CT Colonography?

CT Colonography is an X-ray examination of your large bowel. Your large bowel must have minimal residue for this examination. Therefore, it is essential that you follow these preparation instructions carefully.

What can be expected during a CT Colonography?

CT Colonography is usually well tolerated. During the scan, gas will be used to inflate the bowel via a thin flexible tube placed in your rectum. There is often a feeling of pressure, bloating, or cramping during the procedure.

You may also have an injection of a contrast agent to highlight parts of your body. This will depend on your medical history. The radiographer will check if there are any reasons why you should not have this.

How do I prepare for this?

The colon must be clean where possible for the procedure to be accurate and complete. therefore, it is essential that you follow these preparation instructions carefully. The instructions to help achieve this without taking laxatives are in the 'Diet Instructions' section.

Medicines

Please continue to take any prescribed medicine. Iron tablets can interfere with the preparation for the examination. You must stop taking these 1 week before. You can take them again the day after.

If you take water tablets and have been asked to hydrate before your scan, call the Radiology Department for advice.

Dress

Please wear clothes with as little metal as possible. For example, a soft tracksuit without zips, a loose-fitting shirt, a sports bra without underwire or metal fastenings. We can provide a gown. We have changing cubicles, with facilities for disabled people.

Valuables

If possible, please leave all your valuables at home. The changing rooms can be locked, but we cannot accept responsibility for anything that is lost.

Language difficulties

If you need to an interpreter, please phone 01851 708224 as soon as you get your appointment, and an interpreter can be organised for the appointment.

On arrival for the scan

Please report to the receptionist in the Radiology Department. We advise that you arrive around 5-10 minutes before the time given on the front of the appointment letter.

Who will perform the scan?

A specialist radiographer will perform the examination. A Radiologist (specialist X-ray doctor) will review and interpret the images, and then send the report to your referring clinician.

What is the scan looking for?

The images of the bowel will allow them to spot any abnormal areas caused by inflammation, narrowing of the bowel, or growths within the bowel.

The scan will also be looking for growths from the lining of the bowel called polyps. These are found in many people and can become cancerous. Depending on the size of the polyps, the specialist may recommend you have a colonoscopy. This can show the lining directly and remove the polyps where necessary. The benefit of CT colonography is that, should any polyps be seen, the position and size of the polyps within the bowel can be identified. This is helpful information if colonoscopy is required.

What happens afterwards?

You may have some cramping or bloating because of the gas passed into the colon. This should disappear quickly as you pass wind. You may feel a little uncomfortable and thus unable to drive. We suggest you arrange transport home, but there is no medical reason why you cannot drive.

You may eat and drink normally straight away. You should start taking any medicines that you stopped to prepare for the test.

What are the risks?

There is a risk of you developing dehydration, low blood pressure or kidney problems with the bowel cleansing medication. You must drink plenty of fluids on the day before your examination, to make sure that this does not happen. If you do develop symptoms of dizziness or light-headedness, or reduced urine production, you should phone your own GP or NHS 24 for advice.

CT Colonography is generally safe. Possible complications include:

- a perforation or tear through the bowel wall that could need surgery. This is very uncommon.
- bleeding due to the position of the catheter in the back passage. It is usually minor and stops on its own.
- another risk is that the test will miss a significant bowel problem such as cancer. This risk is kept to a minimum by using the most up to date methods, and constantly measuring the accuracy of our tests.

Although they are not common, it is important for you to recognise early signs of any possible complications and you should contact the CT Department (or your GP) if you notice any of the following symptoms:

- severe abdominal pain
- fever and chills
- rectal bleeding of more than a cup.

When will I get the results?

Your results will be sent to your doctor or to the consultant who asked for the scan. You may be sent a follow-up appointment to discuss your results with them.

Please do not contact the Radiology Department for the results.

How to get to the Radiology Department in Western Isles Hospital

Parking

- There is free parking at the hospital. Please allow plenty of time to find a parking space as spaces are often limited.
- There is disabled parking close to the main building.
- Patient transport is available, if required. The contact number is in the appointment letter.

Inside the hospital

- The Fluoroscopy Suite is in the Radiology Department on the ground floor.
- From the main reception follow the left corridor past the lifts.
- Take the first right, then the first left.
- Go through the double doors into the Radiology department and report to the Reception Desk.

Diabetic Patients

If you are diabetic, please check that the timing and content of the dietary preparation suits your insulin/dietary needs. If it does not suit, please contact the Radiology Department on 01851 708224 as soon as possible to let us know.

Our service to you

We want to make your visit to the Western Isles Hospital as pleasant as possible. If you have any questions not covered by this guide, please telephone our receptionist on tel: 01851 708224. We will always make every effort to provide the best service for you.



We are listening – how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website: www.wihb.scot.nhs.uk/feedback or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 704704 (ext 2236) Monday-Friday between 10am-4pm.

Diet Instructions

7 days before your examination:

Stop taking bran and dietary fibre supplements and iron replacement therapy

7 days before your appointment date. You can start to take then once the examination has been done.

If you take any other medicines, you should continue to take these as normal. You might have to change the times that you take these medicines as you should take these about two hours either side of the time that you take the oral bowel cleansing agent.

3 days before your examination

Today, change to a low residue, fat-free diet for all meals. Drink twice your normal fluid intake and **only** eat foods from the following list:

- Up to 4 slices of white bread (no butter or marg)
- white rice or pasta
- chicken
- white fish
- eggs
- tofu
- boiled peeled potatoes
- tea biscuits
- shredless marmalade, seedless jam, honey or syrup,
- Marmite, Bovril, clear soups, drinks made with stock cubes,
- jelly, sorbet, boiled sweets,
- tea, coffee (no milk or milk substitutes), lemonade, diluting fruit juices.

2 days before your examination

Drink twice your normal fluid intake and eat foods only from the above list.

Day before your examination

Have breakfast (before 7.30am) from the food on the list above e.g. boiled egg, white toast with shred-less marmalade.

No more solid food for the rest of the day. Take only clear fluids from the list below, such as:

- Clear soup, Bovril, Marmite,
- Jelly, boiled sweets,
- Tea, coffee (without milk),
- Diluting juice, water or flavoured water.

Drink at least a glass of fluid from the list above every hour today.

You have been sent a 50ml bottle of **Omnipaque 300**. We ask you to dilute the medicine with **150mls of water** (total 200mls of mixture) and to take this in small doses throughout the day.

- **8am** - drink 50mls of the Omnipaque 300 mixture
- **12 noon** - drink 50mls of the Omnipaque 300 mixture
- **4pm** - drink 50mls of the Omnipaque 300 mixture
- **8pm** - drink 50mls of the Omnipaque 300 mixture.

Day of the examination

Today, have breakfast from the food from Day 3 above e.g. boiled egg, white toast with shred-less marmalade.

- Plenty of fluids
- Do not eat any other solid food till after the examination.
- Drink plenty of fluid.