



Information for CT Enterography

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 Enterography?

CT Enterogram is an X-ray examination of your small bowel and abdomen. It is essential that you follow these preparation instructions carefully to prepare the small bowel for imaging.

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.

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.

The small bowel must be filled for the procedure. On arrival to the department, you will be given a drink that will cause the small bowel to fill. This can take up to an hour. The drink also acts as a laxative, which will become effective in the hours after the scan.

During the scan

The radiographer will ensure that you are lying comfortably in the correct position.

A small plastic tube (venflon) will be inserted into one of the low-pressure blood vessels (vein) in your arm, to administer X-ray contrast during the scan.

You will also be asked to hold your breath and will feel the table move in and out of the scanner and whilst the scans are taken. The scan will take approximately 10-20 seconds (one breath hold).

You will be alone in the CT room during the scan, but the Radiographer will be able to see, hear and speak with you at all times. When the scan is finished the radiographer will check the images are complete before helping you get off the table.

What happens afterwards?

You may have short-lived diarrhoea caused by the pre-scan drink. You may wish to spend some time in the department near the toilet until you are comfortable to travel home.

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

Due to the injection of contrast, you will need to stay in the department for 20 minutes after your scan. A radiographer or healthcare assistant will then take the cannula out.

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.

What are the risks?

- The amount of radiation used during the CT scan varies but is around 2 to 3 times the amount that you would normally receive in a year from background natural sources of radiation such as cosmic rays and rocks in the Earth's crust.
- We can assure that all safeguards to minimise radiation are taken.
- Very occasionally people experience an allergic reaction to the contrast injection. This usually manifests as an itchy rash that settles down by itself. Occasionally people require additional medications for this.
- Rarely the contrast (dye) goes into the tissues under the skin of your arm rather than the vein. This can cause bruising and swelling which may require warm compress. The contrast is washed out through your kidneys and occasionally (in less than 2%) it can cause some temporary impairment of your kidney.
- Regarding pregnancy, the risk from radiation exposure is higher for unborn children; therefore, women of childbearing age (12-55) will be asked about their menstrual history and pregnancy status. **If there is a chance that you may be pregnant, please phone our receptionist before your appointment date on 01851 708224.**

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.

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Disclaimer

The content of this factsheet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you interpret any of this information, or in applying the information to your individual needs.

Diet Instructions

If you are any of the following, please contact the Radiology Department (telephone number on your appointment letter):

- Diabetic
- Female with any possibility that you may be pregnant
- If you are under the care of the Heart Failure Service AND take water tablets.

Important Information

- If you have any questions or concerns about this diet sheet, or anything to do with your examination, please do not hesitate to contact the X-ray department on 01851 708224.
- It is important to follow the below diet plan, it is designed to reduce the amount of food waste within the bowel before the scan.
- No fruit or vegetables are to be consumed until after the procedure.
- No solid food or milk should be taken after lunch on the day prior to your examination.

Fluids

Make sure to drink plenty of clear fluids (1 glass or mug full per hour) from the following list:

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|-------------------------|---------------------------------------------|
| • Water | • Black tea |
| • Herbal tea | • Drinks made from stock/meat extract cubes |
| • Sugar-free squash | • Soda water |
| • Black coffee | • Clear soup |
| • Sugar-free jelly | • Diet fizzy drinks |
| • Ordinary fizzy drinks | • Strained fruit juice |
| • Lucozade | • Ordinary jelly |

Day before your appointment

Breakfast

Choose one of the following only:

- 30g crisped rice cereal with 100ml of milk.
- 30g cornflakes with 100ml of milk.
- 1 boiled egg with 2 slices of white bread or toast thinly spread with butter or margarine.
- 1 poached egg with 2 slices of white bread or toast thinly spread with butter or margarine.
- 2 slices white bread or toast thinly spread with butter/margarine and honey.

Lunch

Choose one of the following only:

- 75g meat or fish (minced or well-cooked tender) from the following list:

lean beef	lamb	ham
veal	pork	poultry
white fish	shellfish	
- 2 poached eggs
- 2 boiled eggs
- 100g cheese from the following list:

cream cheese	cottage cheese	cheese sauce
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Alongside this list, you may also have one of the following:

- 2 slices white bread or toast thinly spread with butter or margarine.
- 3 small peeled boiled potatoes.
- 3 tablespoons plain white pasta or rice.

Gravy made with stock cubes and thickened with cornflour may be taken if desired.

Remember: Drink plenty of fluid as listed from the previous page.

Day of the examination

You should have no food or jelly until your examination is over, but you should drink plenty of fluid as listed from the previous page.