

CT Colonography Bowel Preparation & Diet Sheet

(Faecal Tagging Protocol – E-Z-CAT)

Please read this information and follow the instructions carefully before your CT Colonography scan. The test depends on your large bowel being as empty as possible by taking the 'E-Z-CAT' liquid that our pharmacy will send out to you in a separate envelope in the post. Otherwise the test may have to be repeated.

If you are unable to complete the preparation or follow the instructions, please contact the Imaging Department before attending your appointment on 02072885888.



In the pack you will find:

- **One 225ml bottle of E-Z-CAT (left)**
- E-Z-CAT improves the scan quality and contains barium sulphate. This is an alternative to the iodine-based X-ray dye normally used and can be taken by people who have an iodine allergy.



7 Days before your test (or from when you receive this letter):

Stop any iron tablets, but continue to take all other medications and laxatives you usually take.



2 Days before your test:

Eat only low fibre foods, which includes the following:



- Milk (2 cups per day), plain yoghurt, cheese, butter, margarine.
- White fish or chicken (boiled, steamed or grilled).
- Eggs, tofu, white pasta, white rice, white bread.
- 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 throughout the day:

- Water, tea, coffee, squash, fizzy drinks, clear fruit juices (e.g. apple/ cranberry).

Do not eat high fibre foods, such as:



- Red meat, 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.



The day before your test:



Diabetic patients only:

- Check blood sugar four times during the day
- If at any point your blood sugar is below 5, drink clear sugary liquids to avoid a 'hypo'.



Continue the low fibre diet throughout all of today.



At Breakfast:

- Eat only low fibre foods (see list on Page 1).
- Drink a **quarter (approx. 55mls)** of the bottle of E-Z-CAT.



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Diabetic patients only:

Take insulin/ diabetic tablets with your breakfast



At Lunch:

- Eat only low fibre foods (see list on Page 1).
- Drink a **quarter (approx. 55mls)** of the bottle of E-Z-CAT.



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At Dinner:

- Eat only low fibre foods (see list on Page 1).
- Drink a **quarter (approx. 55mls)** of the bottle of E-Z-CAT.



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Diabetic patients only:

Reduce your insulin dose by half, continue your diabetic tablets as normal.



The day of the test:

 Do not eat anything for **4 hours** before your appointment time.

- This may mean skipping breakfast.



2 hours before your appointment time:

- Drink a **quarter (approx. 55mls)** of the bottle of E-Z-CAT.
- At any time you may drink clear fluids only (such as black tea/ coffee, but nothing fizzy).



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Diabetic patients only:

If you have a **Morning** appointment:

- Continue to drink clear sugary fluids.
- DO NOT take anymore insulin/ diabetes tablets until after the test.
- Check blood sugar if you can before arriving at the hospital.
- Bring insulin/ diabetic tablets and a light meal (e.g. sandwich) with you to the hospital to have after the test.

If you have a **Afternoon** appointment:

- Continue to drink clear sugary fluids.
- Take **half** your normal dose of insulin in the **morning** only.
- **Do not** take diabetes tablets.
- Check blood sugar if you can in the morning and before arriving at the hospital.
- Bring insulin/ diabetic tablets and a light meal (e.g. sandwich) with you to the hospital to have after the test.

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Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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