

# CT Colonography Bowel Preparation & Diet Sheet (40ml Gastrografin®)

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 'Gastrografin' 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 the above number.



In this pack you will find:

- **One 100ml bottle of Gastrografin®** (LEFT picture)
- **One measuring cup** (RIGHT picture)



Gastrografin® is essential to prepare your bowel for the test. It contains iodine and tastes quite strong. **It can have a laxative effect (may give diarrhoea)**

 **If you have been told that you are allergic to X-ray dye (contrast), which contains iodine, then call us before going any further**  **02072885888**



## 3 Days before your test :

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



## 3 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.



## 3 Days Before your test:



**Eat a low fibre diet throughout all of today**



### At Breakfast:

- Eat only low fibre foods (see list on Page 1).
- Drink **10mls** of the **Gastrografin®** using the measuring cup provided
- **DO NOT MIX IT WITH WATER**

**10mls**



### At Lunch:

- Eat only low fibre foods (see list on Page 1).



### At Dinner:

- Eat only low fibre foods (see list on Page 1).



#### Diabetic patients only:

Take insulin/ diabetic tablets as normal



## 2 Days Before your test:



**Eat a low fibre diet throughout all of today**



### At Breakfast:

- Eat only low fibre foods (see list on Page 1).
- Drink **10mls** of the **Gastrografin®** using the measuring cup provided
- **DO NOT MIX IT WITH WATER**

**10mls**



### At Lunch:

- Eat only low fibre foods (see list on Page 1).



### At Dinner:

- Eat only low fibre foods (see list on Page 1).



#### Diabetic patients only:

Take insulin/ diabetic tablets as normal



## 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 **10mls** of the **Gastrografin®** using the measuring cup provided
- **DO NOT MIX IT WITH WATER**

# 10mls



### *At Lunch:*

- **Eat only low fibre foods** (see list on Page 1).



### *At Dinner:*

- **Eat only low fibre foods** (see list on Page 1).



### Diabetic patients only:

Take insulin/ diabetic tablets with your breakfast



## On The Day of the test:



Do not eat any solid food, you may drink water or sugary drinks. You can eat and drink normally as soon as the test is finished.



### *At 5AM:*

- Drink **10mls** of the **Gastrografin®** using the measuring cup provided
- **DO NOT MIX IT WITH WATER**
- You will have some Gastrografin® liquid still left in the bottle, please discard this.

# 10mls





## **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](mailto: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](mailto:whh-tr.patient-information@nhs.net) We will try our best to meet your needs.

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