

Imaging Department-Level 3, Magdala, Avenue, London. N19 5NF.

## **PATIENT INFORMATION FOR CT COLONOGRAPHY/PNEUMOCOLON**

Your appointment is on .....at.....

If you cannot attend on this date or time, please phone 020 7288 3318 to change it.

Also please phone if

- You are allergic to iodine
- You have diabetes
- You could be pregnant
- You have an infectious disease
- You have kidney problems or take water tablets

Please arrive in good time for your CT scan.

### **What is CT colonography?**

It is an examination of the large bowel (colon) using a Computed Tomography scanner (CT scanner). The CT builds up a picture of the body from scan slices, rather like the slices of a loaf of bread. It is also known as virtual colonoscopy or CT pneumocolon.

### **What preparation do you need?**

- For this examination to be successful your bowel must be as empty as possible
- As part of the preparation you will be given a laxative (medicine to clear the bowel). You will need to stay near a toilet after taking it.
- You will need to drink plenty of fluids to avoid dehydration (loss of body fluids).
- You must follow instructions on eating and drinking carefully. See the separate leaflet
- You can continue to take medicines as normal except iron pills or medicines that make you constipated, for example codeine phosphate.
  - If you take the oral contraceptive (the pill) they may be made ineffective by taking the laxative preparation.
  - If you are on metformin (Glucophage) please let us know on the day of your test.

### **What happens the day of the examination?**

- You should report to the Imaging Department Reception Desk, Level 3.
- You will need to change into a hospital gown.
- The radiographer (who operates the scanner) will take you into the scanning area where you will lie on a trolley bed. This moves automatically through the scanner, which is shaped like a large ring.
- The radiographer will explain the procedure to you. Do not hesitate to ask any questions you may have.

- You may be given an injection to relax the bowel, which makes the examination more comfortable and effective.
- When you are lying comfortably on your side, the radiographer will gently pass a small tube into the back passage, and distend the bowel with air, so that it can be seen more clearly on the scan. It may be uncomfortable, although not usually painful.
- You will then be given an injection of x-ray dye (contrast) to help make certain parts of the scan picture clearer.
- You will then lie on your front for the second scan
- You can talk to the radiographer via a microphone and they can talk to you and see you throughout the scan.
- It is important to lie still throughout your scan so that the pictures are not blurred.
- You will be asked to hold your breath throughout the scan for about 5 seconds while a picture is taken.
- The examination takes about 40 minutes.

#### **After the scan**

- You may wish to arrange for a friend or relative to accompany you home.
- After the injection to relax the bowel you must not drive or operate machinery for at least 2 hours, as your vision may be blurred. If in the rare event, one or both eyes becomes painful after the examination, you should seek urgent medical attention.
- You can go back to a normal diet
- The scan is reported by the radiologist (the specialist doctor) after the examination is complete. The results will be available to the doctor who requested the scan within 10 days

#### **Are there any risks?**

This is a safe examination and everything possible will be done to ensure your safety and comfort.

- There is a very small risk with exposure to radiation as in any x-ray examination.
- Very rarely there can be a risk of perforation, that is a small tear, of the bowel. This can be repaired by surgery and will mean an overnight hospital stay.
- Very rarely the contrast dye can cause an allergic reaction

#### **Any further questions?**

- Please discuss with your doctor or the CT radiographer on 020 7288 3318.

*...the hospital of choice for local people*



## **DIET AND BOWEL PREPARATION SHEET**

### **TWO DAYS BEFORE YOUR SCAN:**

You can eat low fibre foods including the following:

- milk (2 cups/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 eg mashed, boiled
- clear soups (no solid bits eg 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, water, clear fruit juices ( eg 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 (eg 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 SCAN:**

Have a light breakfast, choosing from the list of allowed foods. After this DO NOT EAT ANY SOLID FOOD until after your scan. You can still have clear soups (eg sieved chicken noodle soup, vegetable Bouillon), jelly, ice cream, Ambrosia custard, Complan. Drink plenty of fluids (tea, coffee, fizzy drinks, squashes, water, clear fruit juices, Bovril, Oxo) throughout the day. Drink at least ¼ pint (150ml) of fluid each hour during the daytime.

#### **Morning Appointments:**

At 8.00am dissolve one sachet of Picolax in a cup of water and stir for 2-3 minutes. The mixture will get warm – let it cool then add more cold water and DRINK IT ALL.

At 2.00pm, dissolve the second sachet of Picolax in the same way and drink it all.

#### **Afternoon Appointments:**

At 6.00pm dissolve one sachet of Picolax in a cup of water and stir for 2-3 minutes. The mixture will get warm – let it cool then add more cold water and DRINK IT ALL.

At 7-8am the next morning, dissolve the second sachet of Picolax in the same way and drink it all.

### **ON THE DAY OF YOUR SCAN:**

Keep drinking plenty of clear fluids from the list but DO NOT EAT any solid food.