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What is the procedure?

Computed Tomography (CT) Colonography is an examination that takes images of the large bowel (colon). The CT scanner produces 3D X-Ray images of your body and is a big hole donut-shaped, not a tunnel. The scanner does not cause any pain or sensations when scanning.

To begin, you will lay on your side and a small tube will be inserted into your back passage (rectum). Through this tube, carbon dioxide gas is introduced into the bowel, which can result in mild abdominal discomfort and bloating. Several scans will be taken with you lying in different positions on the CT scanner. Any discomfort or bloating you experience will pass off quickly once the examination has been completed and the tube removed from your rectum.

Please contact the CT/MRI department on 01493 453260 if:

- You suffer from any allergies, in particular any allergy to iodine.
- You have limited mobility and require any special assistant to transfer to and from the scanning table. (E.g. Hoists)
- If you require an interpreter booking, as due to the nature of the procedure we are unable to use family members to interpret.
- There is any possibility that you are pregnant.
- You have Myasthenia Gravis.
- You are currently taking antibiotic for diverticulitis.

Will I need an injection?

During the examination, you may be given an injection of Buscopan into a vein of your arm, (subject to your medical history). This can be injected to relax the bowel and potentially prevent bowel spasms that may cause pain during distension. Buscopan can also cause temporary blurring of your vision for around ten minutes after injection. Occasionally, a further injection of Iodine contrast may be given towards the end of the examination to help visualise the bowel in greater detail but this will be explained to you at the time.

Bowel preparation before the examination:

Please follow the instructions on the back page of this leaflet. You will need to drink the bottle of Omnipaque 350, enclosed with this letter, as instructed.

You may experience a number of episodes of diarrhoea after drinking the Omnipaque 350. A 24hr diet regime is also included on the back page as the amount of food consumed prior to the test needs to be limited.

This bowel preparation is fundamental to the success of the examination and the instructions must be followed as stated. Please ensure that you keep well hydrated with clear liquids on the day before the examination. Omnipaque 350 is not designed to clear your bowel contents completely and you may still need to use the toilet on the morning of the examination. The Omnipaque 350 will 'tag' any residual fluids in your bowel so it will be seen as different from your bowel lining, this helps us when reporting the scan.

Please follow the instructions very carefully, as images may be sub optimal and limit the ability to identify pathologies, such as small polyps or early cancers.

Omnipaque 350 preparation:

Please contact the CT booking office on 01493 453260, prior to taking the Omnipaque 350, if any of the following apply:

- You have hyperthyroidism
- You suffer from regular choking/coughing episodes when drinking fluids
- You have a medical condition known as a Broncho-oesophageal fistula
- You have been treated with interleukin – 2

Please read the enclosed manufacturers leaflet provided with the Omnipaque 350. Having read the leaflet should you have any concerns regarding the Omnipaque 350 preparation, or any other medications you are taking and how they may be effected by taking the Omnipaque 350, please contact CT/MRI reception on **01493 453260** between 08.00 and 17.00

If your bottles of Omnipaque 350 arrive broken, damaged or leaking please contact The CT department immediately to inform us we will arrange a replacement. Place the bottles in their original packaging within another leak-proof bag or disposable box and bring them to your appointment. Please wash your hands or any surfaces which have come into contact with the Omnipaque 350 with hot, soapy water.

Additional information for Diabetic patients:

The diet sheet on the back page of this leaflet is suitable for both diabetic and non-diabetic patients.

As part of the preparation for the examination you will need to stop your diabetic medication from 4pm the day before the examination and only resume it after the examination has been completed. For the period of the bowel preparation regime, diabetic patients can include food and drinks that contain sugar from those listed on the diet sheet.

If you take insulin or have any concerns with regard to stopping your diabetic medication please contact either your own diabetic nurse or the Hospitals specialist diabetic nurses on 01493 453389 or 01493 452452 and ask for Bleep No: 1681, who will be able to offer you suitable advice.

After the Examination:

After the examination you will be given an aftercare information sheet and be escorted to the toilet to allow you to pass as much of the CO₂ gas as possible. Once comfortable and dressed you may leave the department. Please be aware that following the procedure you may experience some abdominal cramps and episodes of diarrhoea for a few hours. You may return to your normal diet. The results will be forwarded to your consultant and GP. If your vision is blurred do not drive a vehicle until this has resolved.

Risks of the procedure:

Radiation exposure

CT scanning uses radiation to create images. We are exposed to background radiation each day of our lives. It comes from the ground, building materials, the air we breathe, the food we eat and from flying in aircraft. This is normal and natural. Additional medical radiation does carry a very small health risk of cancer occurring many years or decades after your scan.

The radiation that you receive during a CTC scan is about the same as few years of natural background radiation (from your surroundings). The risk of this is considered to be low, the risk of missing a serious disorder by not having the scan is considerably greater. The CT department monitors radiation doses very carefully and always uses the lowest dose needed to gain good quality images.

Expected side effects

Minor side effects may include:

- Dehydration caused by the bowel preparation medicine – you will need to drink plenty of fluids before and after your scan.
- A dry mouth and blurred vision caused by the muscle relaxant injection (if given) – this should wear off within 30 minutes, but please do not drive until your vision is back to normal.
- A feeling of warmth and an occasional strange metallic taste with a feeling as if you have passed urine for a few moments, caused by the contrast agent injection (x-ray dye) if given.
- Bloating in your abdomen (tummy) during and after the procedure caused by the gas used to inflate your bowel – this soon wears off once you have been to the toilet and passed wind.
- Haematoma (bruising) where the injection was given.

Rare complications

When taking the oral contrast at home, you may develop a mild allergic reaction to the oral contrast drink. You may develop an itchy rash, tingling sensation of the mouth and lips or mild facial swelling. If this occurs stop taking the contrast and contact the department for advice.

Some patients may develop a serious allergic reaction to the oral contrast (anaphylaxis).

If during or after drinking Omnipaque 350 you experience any shortness of breath, facial swelling, feel faint, cold clammy skin any swelling of the inner mouth or throat or tightness of the chest STOP taking Omnipaque 350 and call 999, show the bottle of Omnipaque 350 and this information letter if possible to the attending clinicians. Inform the CT imaging department when you are well enough to do so.

More serious complications are rare, but the radiography staff are well prepared to manage them.

Before sending you home, they will make sure you do not:

- Feel faint following injection of the muscle relaxant (if given)
- Have severe abdominal pain
- Have a perforation of the bowel (a small hole in the bowel wall)

- Have a painful eye caused by the muscle relaxant (if given) – this is rare but if it happens you need to attend a hospital emergency department for an urgent eye assessment

Occasionally, a small amount of buscopan/saline/contrast may leak into the surrounding tissue in your arm and cause bruising, temporary swelling and sometimes discomfort. In the unlikely event of this occurring we will provide you with further instructions to follow.

Please now turn over the page to view the preparation regime and diet sheet, to be followed the day before the examination.

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.

OUR VALUES

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

BOWEL PREPARATION & DIETARY REQUIREMENT INSTRUCTIONS

DAY BEFORE THE EXAMINATION DATE:.....

(DO NOT STOP TAKING YOUR NORMAL MEDICATION EXCEPT IF YOU TAKE CHLORPROPAMIDE - which should be omitted for 24 hours before the exam)

Drinks

Patients may drink as much clear liquids as possible such as: tea & coffee (no milk or cream after lunchtime), squash, cordial, fizzy drinks, sports drinks, apple juice (no pulp), cranberry juice, and grape juice.

Patients can take sugar, honey or syrup in any beverage.

Step 1

Time 07:00: Mix 50mls of Omnipaque 350 with an equal amount of water – some cordial can be added to the mixture for flavouring. Drink the mixture.

If during or after drinking Omnipaque 350 you experience any shortness of breath, facial swelling, swelling of the inner mouth or throat, feel faint, cold clammy skin or tightness of the chest STOP taking Omnipaque 350 and call 999, show the bottle of Omnipaque 350 and this information letter if possible to the attending clinicians. Inform the CT imaging department when you are well enough to do so.

Step 2

Before Breakfast: Take all normal medication.

Breakfast no later than 8:00am:

Please take 150ml of clear fluid minimum with your meal

30g rice cereal/cornflakes with 100ml milk

2 slices of bread/toast scant scraping of butter/margarine and 2 tablespoons smooth nut butter

1 boiled/poached egg

You may have milk with your tea and coffee throughout the morning but no milk in your drinks after lunchtime.

Lunch (12.30-1.30):

Please take 150ml of clear fluid with your meal

Please select one of the following:

- 75g white fish/chicken
- 2 boiled eggs
- 100g cottage cheese/cream cheese
- Clear soup (no creamy soups)
- 150g firm tofu
- 2 tbs smooth nut butter

With one of the following:

- 2 slices white toast
- Small potato without skin
- 2 tbs white pasta/rice

Dessert: Small Jelly, natural yogurt for dessert

NO FURTHER SOLID FOOD TO BE EATEN UNTIL AFTER EXAMINATION

NO MILK OR CREAM IN YOUR DRINKS

Clear ice pops, jelly (with sugar or sugar free) and hard boiled sweets (not chews) and clear fluids can be taken up until the time of examination.

Step 3:

Time 19:00: Mix 50mls of Omnipaque 350 with an equal amount of water – some cordial can be added to the mixture for flavouring. Drink the mixture.

If during or after drinking Omnipaque 350 you experience any shortness of breath, facial swelling, swelling of the inner mouth or throat, feel faint, develop clammy skin or tightness of the chest STOP taking Omnipaque 350 and call 999, show the bottle of Omnipaque 350 and this information letter if possible to the attending clinicians. Inform the CT imaging department when you are well enough to do so.

Drink as much clear liquid as possible.

THE DAY OF THE EXAMINATION:

No solid food is allowed until after the examination. If diabetic, do not take diabetic tablets until after the examination. Please take all other tablets as normal. Drink as much clear liquid as possible, some of which may contain sugar.

If you have any questions or concerns please call the CT Department on **01493 453260**.