

## INFORMATION FOR PATIENTS

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# CT scan with rectal contrast

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Your consultant has advised you to have a CT scan. This leaflet aims to explain the procedure and answer any queries you may have.

CT stands for computed tomography and simply refers to the technology of the equipment. CT is a scanning technique which uses x-rays to produce cross sectional images of the relevant part of the body. It can be used to diagnose many conditions and also monitor the success of treatment.

Please contact the CT department on 01623 622515, extension 3212, if:

- Your weight exceeds 30 stones (200 kilograms).
- You have an allergy to iodine.
- You are pregnant or there is any possibility that you are pregnant.

If you need transport to the hospital please contact your GP to arrange this. Although the actual scan time is only 15 to 30 minutes, you will need to allow up to two hours for this appointment.

Please leave any valuables at home. You are responsible for all personal items you bring into hospital and the Trust cannot accept responsibility for their loss or damage.

### Preparation

You may eat, drink, and continue with any medication as normal.

### The procedure

We will ask you to change into a gown. A radiographer will take you into the scan room and will explain the procedure in more detail. Should you have any worries the staff will put you at ease and answer your queries.

A CT scan is not painful. All you are required to do is lie on a couch which moves through the large doughnut shaped scanner. The scanner couch can be lowered and patients with mobility problems will be offered assistance.

Your body will never be totally enclosed, and you will be able to communicate with the CT staff through an intercom system.

For this scan it is necessary to insert a cannula, a small plastic tube, into a vein in your arm. This allows us to inject a special fluid called contrast medium, which helps us to see blood vessels more clearly.

A small tube will be inserted into your back passage to allow us to fill your lower bowel with a special fluid. This also helps us to interpret your scan. You need to lie very still while the scan is in progress, and we may ask you to hold your breath for a short time.

After the procedure most of the special fluid will be drained from your bowel. You will be able to visit the toilet to ensure your bowel is completely empty.

## Risks from the procedure

To minimise any risks, you will be asked a series of questions before the scan.

A small number of patients suffer allergic type reactions to the contrast medium. If you have had an injection of contrast medium you will need to remain in the department for up to 20 minutes following your scan. Such reactions are usually minor and settle quite quickly without treatment.

Very occasionally a small amount of the contrast medium may leak out of the vein into the surrounding tissue. You may experience some swelling and redness around the site of the injection.

Your examination will be performed using the minimum amount of radiation necessary to produce the images needed to help your doctor diagnose your illness, injury or monitor the progress of treatment.

We make sure the benefits from having the examination outweigh the very low risk involved.

Due to fluid (contrast media) being introduced into the bowel you may experience some bloating and discomfort. Mild pain is less common but may be experienced.

## Getting your results

When your scan is finished no instant diagnosis can be made. The images produced are recorded digitally and reviewed by a radiologist (x-ray doctor) who then sends a report to your hospital consultant.

These results will be discussed with you the next time you are in clinic.

If you have not received your follow-up appointment within four weeks please contact your consultant's patient coordinator.

## Finally

We aim to see you at your appointment time, but please remember emergency patients are scanned as priority. Should there be a delay; the reasons will be explained to you.

## Contact us

CT Department, King's Mill Hospital  
01623 622515, extension 3212.

## Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications team  
Leaflet code: PIL202308-05-CTRCO  
Created: November 2015/ Revised: August 2023/ Review  
Date: August 2025