

INFORMATION FOR PATIENTS

Undergoing CT Colonography (Gastrografin) after incomplete colonoscopy

Your consultant has advised you to have a CT scan in place of the incomplete colonoscopy.

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.

You will need to contact us if:

- Your weight exceeds 30 stones or 200 kilograms.
- You have an allergy to iodine.

Although the actual scan time is only 30 to 45 minutes, you will need to allow 1½ hours for this appointment.

Important

You must continue with the strict diet outlined in this leaflet and take the Gastrografin as instructed. This is to ensure the bowel stays thoroughly clean for this examination.

If you have any questions regarding the preparation for this scan, please contact the CT department on 01623 622515, extension 3212.

Information for patients with diabetes

If you have diabetes, you may need advice prior to your procedure. Please contact the nurse who controls your diabetes or your GP.

Medicines

Continue to **omit** any medicines as advised by the Endoscopy unit.

Diet

Evening meal at 5pm:

- Take 50ml Gastrografin.
- A mug or cup of dilute Oxo or Bovril.
- Clear jelly for desert.
- Tea and coffee – weak, **without** milk.
- Unlimited soft drinks including water (not fruit juices).

No food is allowed following this evening meal until after the procedure

Continue to drink plenty of clear fluids. You may suck barley sugar sweets or dextrose tablets.

On the day of the procedure

Continue with clear fluids until two hours before your 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.

The procedure

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

You are required to lie on a couch, which will move through the large doughnut shaped scanner. Your body will never be totally enclosed and you will be able to communicate with the CT staff through an intercom system.

The scanner couch can be lowered and patients with mobility problems will be offered assistance.

For this scan it is necessary to insert a cannula – a small plastic tube through which an injection is given - into a vein in your arm. This will allow us to inject a special fluid called contrast medium to allow us to see the blood vessels more clearly. We will also use this cannula to inject a drug which relaxes the bowel.

A small tube will be inserted into the back passage to allow us to fill your bowel with air.

You need to lie very still on your back while the scan is in progress and we will ask you to hold your breath for a short time.

We will then ask you to turn into different positions to enable us to do further scans.

Following the procedure

You may eat and drink normally. A high-fibre diet will help restore your normal bowel habit which will usually return within a couple of days.

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.

The injection of the bowel relaxant may cause blurring of vision but this normally clears within half an hour.

Very rarely the injection can cause pain in the eye. If this does occur, contact your GP immediately.

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 air being introduced into the bowel you may experience some bloating and discomfort.

Mild pain and faint like reactions are less common but may be experienced.

A tear in the lining of the bowel (perforation) is an extremely rare complication (1:3000).

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.

The results of your scan will be discussed with you at your next clinic appointment. 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.

Contact us

If you need any help before your appointment date you may contact the CT Department on 01623 622515, extension 3212.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: 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

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.

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 or telephone 01623 622515, extension 6927.

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