

Having a CT Colonography examination (adults) with faecal tagging (1 of 7)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer-care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Please read this information leaflet very carefully. If you are at all unsure about the procedure please telephone us on 01722 336262 ext 2010.

This information leaflet tells you about CT Colonography, it explains how the test is done, the risks involved and what to expect.

What is a CT Colonography examination?

This is a test to look inside your abdomen and bowel for any abnormality.

It's also known as a virtual colonoscopy and involves using a CT scanner to produce two- and three-dimensional images of the whole of the large bowel (colon and rectum).

The initials 'CT' stand for Computed Tomography, which is a way of using X-rays to produce images of a 'slice' through a part of the body.

During the test, gas (carbon dioxide) will be used to inflate the colon via a thin flexible tube placed in your rectum (back passage). CT scans are then done with you first lying on your front and then on your back. The scans provide valuable, detailed information to help doctors diagnose and treat a variety of conditions.

You will be asked if you have any history of:

Diabetes	Angina
Asthma	Allergies
Glaucoma	Heart disease

Are there any risks?

CT Colonography is a very safe examination, complications rarely occur.

If they do they are similar to those that could happen with other methods of examining the large bowel:

- There is a tiny risk of making a small hole in the bowel, known as a perforation. This happens extremely rarely in fewer than 1 in 3000 tests.
- The radiation dose is about the same as the average person receives from background radiation over 5 years. Special precautions are taken to keep the radiation dose to a minimum.

CT Scanning Department
 **01722 336262 ext 2010**

- If you have had a reaction to a previous injection of iodine or intravenous contrast material given for a kidney X-ray (IVP/IVU) or a previous CT scan you should **call the telephone number above and not take any of the medication until you have spoken with a member of the Radiology department.**
- Some CT examinations involve you having a contrast medium injected into a vein to increase the amount of information obtained from the scan. The injection usually causes nothing more than a warm feeling passing around your body. There is a slight risk of an allergic reaction to the injection, such as a skin rash, but it may rarely lead to an asthmatic attack or other significant complication. The doctors and radiographers in the radiology department are trained to deal with any complications, again the risk involved is very small.

Are there alternatives to CT Colonography?

- Endoscopy: where a thin tube with a camera on the end (colonoscope) is passed into the back passage and moved up and around the bowel, remains as a standard test for the large bowel.

It is more invasive than a CT colonography and often requires sedation. However, it does allow tissue biopsy or polyp removal if needed.

Is there any special preparation?

Yes, this is very important. It is essential that your bowel is empty. Further information is included in this information pack to explain what you should eat and how and why you need to take the special laxative provided. The laxative is vigorous and to avoid inconvenience it is best to stay at home when you will be taking it on the day before the examination.

What if I am diabetic?

Please follow the instructions on the accompanying leaflet.

What if I am pregnant?

This examination is not advised for women who are pregnant. Please let us know if you think you are or might be pregnant.

What do I do when I arrive in the department?

Please report to the reception desk in CT/MRI department or use the self check in machine within the department. Please then take a seat in the waiting room. A member of the team will collect you and check your details. You will be shown to a private cubicle where you will be asked to undress and put on a hospital gown. The gown should be done up with the ties at the back.

Please bring your own dressing gown with you to put on whilst waiting.

You will be called into the scanning room as soon as possible but please bear in mind that there are times when the needs of other patients may cause a delay.

Who will I see?

A small team including a radiographer, a radiology department assistant and, possibly, a radiologist.

CT Scanning Department
01722 336262 ext 2010

What happens during a CT colonography examination?

You will be taken into the CT scanning room and asked to remove your dressing gown, but you will still wear the hospital gown. You will be asked to lie on your back on the scanner table. The radiographer will explain the examination and answer any questions. You may have a cannula inserted into one of the veins in your arm and, if required, an iodine-based intravenous contrast will be given through the cannula and a preliminary scan carried out.

You will be asked to lie on your left side. The radiographer will pass a soft plastic tube into your rectum (back passage) and gas (carbon dioxide) will be gently introduced into your bowel through this tube. This is done at a controlled rate by a machine specifically designed for this purpose. You will probably feel bloated and may experience some mild discomfort in your abdomen that is like 'wind'. During the examination you may also be given an injection (usually Buscopan) to relax the muscles of the bowel wall and make the procedure more comfortable for you. This injection may make your mouth feel dry and you may notice that your vision becomes blurred. These effects usually disappear within half an hour, however, you should not drive home until your vision has returned to normal.

Each scan takes about 10 to 20 seconds (1 breath hold).

Will it be uncomfortable?

This examination should not hurt but it may be uncomfortable. Occasionally a cramp-like pain may be felt and this may last for a while after the examination. This pain is caused by the gas (carbon dioxide) that is put in during the examination and will ease off over the next few hours.

Some people are understandably worried about being unable to hold on to the gas. Try not to worry, as this rarely happens. It is important to try to hold on to the carbon dioxide by keeping the muscles of your bottom very tight.

How long will the examination take?

The whole examination should take about half an hour. Unless there are delays to the list, your total time in the department should be about one hour.

What will happen after the procedure?

You will be taken to visit the toilet immediately after the examination. The gas (carbon dioxide) is absorbed by the body and any discomfort will wear off. Once you are dressed you will be given a hot drink and a biscuit.

If you are driving yourself home and have had a Buscopan injection you should wait for up to 1 hour before leaving the department. Some people are happy to go on to work afterwards but most prefer to have several hours at home before resuming normal activities.

Can I eat and drink afterwards?

Yes, please start your normal diet.

When will I get the results?

After the procedure the images will be examined by a radiologist, who writes a report on the examination. This will be sent to the doctor who referred you for the examination, and will take between 3 and 7 working days.

Female patients

If there is a chance that you may be pregnant, please notify the department.

If you take oral contraceptives the diarrhoea may reduce their effectiveness. Continue taking oral contraceptives but use other precautions for the remainder of that cycle.

Queries

If you have any questions about the examination please call us between 9.00am and 5.00pm, Monday to Friday ☎ 01722 336262 Ext 2010

Preparation for CT Colonography

In order to improve the quality and sensitivity of the CT Colonography examination you have been given 1 sachet of Picolax and a bottle of Gastrografin. The Picolax is a laxative and the Gastrografin is a liquid that is designed to allow us to clearly define faeces in the colon. In some patients Gastrografin can also have a laxative effect.

You must read the following instructions as set out below and on the following pages.

The closer you follow the instructions the more accurate the test will be.

You need to stay close to a toilet on the day before the examination at all times as the Gastrografin can have a laxative effect which may be extremely effective.

DO NOT TAKE GASTROGRAFIN IF

- you are allergic to iodine or if you have previously had an allergic reaction to intravenous iodine-based contrast (X-ray dye injection).
- you have difficulty in swallowing.
- you suffer from regular choking / coughing episodes when drinking fluids (a condition called aspiration).

IF YOU DO SUFFER ANY OF THE ABOVE CONDITIONS PLEASE CONTACT ☎ 01722 336262 ext 2010.

14 days before your CT colonography	Stop any iron tablets you may be taking. Continue all other medication and any laxatives you normally take as usual during the preparation and on the day of the examination. If you have been advised to take food with your medication, please bring a biscuit with you.
3 days before your CT colonography	Start the low residue diet (only eat small portions from the Foods Allowed List and please take note of the list of Foods to Avoid).
2 days before your CT colonography	Stay on the low residue diet. Remember to eat small portions and only eat foods from the Foods Allowed list.
1 day before your CT colonography	<p>Do not eat any solid food.</p> <p>Remember to drink plenty of fluids. You can have clear soups, (for example vegetable Bouillon), jelly, Bovril and Oxo drinks and water, clear juices, coffee and tea without milk.</p> <p>Drink as much clear fluids or water as you like, but take at least ¼ pint (150mls) of fluid every hour during the daytime</p> <p>At 8 o'clock in the morning</p> <p>Mix the sachet of Picolax with 3 or 4 dessert spoonfuls of cold water in a glass. The solution may become hot, this is normal. Wait 5 minutes, then dilute the solution with cold water to fill the glass, stir and drink all at once.</p> <p>Remember that Picolax will cause frequent loose bowel movements at any time after taking a dose. Stay within easy reach of a toilet. Using Vaseline or a barrier cream on your bottom will help to prevent it getting sore.</p> <p>At 12.00pm</p> <p>Drink half the bottle of Gastrografin (50mls) - this is best done by mixing with an equal quantity of water and some cordial – blackcurrant squash works well</p> <p>At 7.00pm</p> <p>Drink the second half of the Gastrografin (50 mls) as above.</p> <p>Continue to drink plenty of clear fluids (drinks without milk). You can have the occasional barley sugar/boiled sweet. You may be feeling very hungry now, but it is very important that you do not eat anything today.</p> <p>By now any bowel movements should be fluid (although individual responses vary).</p>
On the day of your CT colonography	Please do not have anything to eat. You can continue to drink clear fluids only (drinks without milk).

Foods allowed

- white bread and bread products such as bread rolls, pitta bread
- breakfast cereals such as Rice Crispies, Cornflakes, Special K, Frosties, Ricicles
- white rice, ground rice, white pasta, tapioca, semolina
- plain cake such as fatless sponge cake with seedless jam filling, plain scones, meringues
- plain biscuits such as Marie, Rich Tea, Morning Coffee, arrowroot
- peeled potatoes
- Low-fat, fruit flavoured yoghurts and fromage frais (not with real fruit pieces)
- Quorn, tofu
- white meat such as chicken or turkey
- fish such as cod, plaice, hoki, smoked haddock, trout, salmon, tuna tinned in brine
- boiled, poached or scrambled eggs (without cream or butter)
- boiled sweets, fruit gums, pastilles
- pipless and skinless jams, honey, sugar, treacle syrup, jelly
- strained stock, stock cubes, Marmite, Bovril, soy sauce, gravy made from instant granules, vinegar, low-fat soups (strained i.e. no vegetable bits)
- jelly dessert.

Drinks allowed

- tea, coffee, clear fruit squash, Oxo, Bovril
- fruit juice, small amounts of skimmed and semi-skimmed milk.

Clear fluids are liquids you can see through. They include:

- water
- clear fruit squash
- weak tea without milk
- rehydration drinks
- clear broth.

Foods to avoid

- all fruit including dried fruits, and vegetables and foods and dishes containing them
- wholemeal, granary, brown and high-fibre white breads and bread products
- potato skins and chips
- crisps, nuts and other snack foods
- wholewheat pasta
- bran, brown rice
- high-fibre breakfast cereals e.g. Weetabix, Shredded Wheat, bran flakes, porridge oats, muesli, Fruit and Fibre

- chutneys and pickles
- fatty cuts of meat such as lamb, belly pork, fatty bacon, chicken skin, goose, duck, luncheon meat, corned beef, salami, sausages, burgers, pâté
- pulses such as peas, beans, lentils
- fried fish, fish tinned in oil, fatty fish such as herrings, kippers, mackerel, sardines, pilchards
- full-fat milk, condensed and evaporated milk, cream
- full-fat yoghurt and fromage frais, ice cream
- full-fat hard cheeses such as cheddar, cream cheese, blue-veined cheese
- butter, margarine, butter-like spreads, lard, dripping, vegetable oils and all foods containing them, such as cakes and pastries
- chocolate and sweets containing fruit or nuts
- lemon curd, jams and marmalade containing pips and peel.

Drinks to avoid

- full-fat chocolate drinks and drinks made with full-fat milk
- cocoa
- vegetable juices.

Please do not drink any alcohol for 3 days before your procedure.

Breakfast examples

- white bread/toast
- breakfast cereal such as Cornflakes, Rice Krispies with skimmed or semi-skimmed milk
- strained fruit juice (no bits)
- boiled, poached or scrambled egg (no butter or cream).

Main meals

- lean white meat/white fish/Quorn/tofu/egg/low-fat cheese
- potato/white rice/white pasta/white bread.

Many meals can be based on the above that are both tasty and interesting, for example:

- meat kebabs served on a bed of rice
- mixed meat/fish risotto
- pasta and low-fat white sauce with meat, fish or Quorn
- pitta bread filled with meat, fish or Quorn.

You can use any of the following flavourings

- salt, pepper, mustard (not whole-grain), fresh herbs, dried herbs, spices, chilli powder.
- Snack meals
- jacket potato (no skin) with fillings such as cottage cheese, tuna, chicken
 - sandwiches/toasted sandwiches using white bread
 - white flour crispbreads and cottage cheese.

Please read the enclosed Picolax information sheet.

If you are diabetic you should have been given a morning appointment for your CT Colonography examination. If you have not please ring the department on 01722 429196 to change the time of the appointment.

<p>14 days before your CT colonography</p>	<p>Stop any iron tablets you may be taking. Continue all other medication and any laxatives you normally take as usual during the preparation and on the day of the examination. Continue taking your insulin as normal.</p>
<p>3 days before</p>	<p>Start the low residue diet - only eat small portions from the Foods Allowed list and please take note of the list of Foods to Avoid. Continue to take your insulin as normal. Make sure that you eat enough food to maintain your normal carbohydrate intake.</p>
<p>2 days before</p>	<p>Stay on the low residue diet. Eat small portions and only eat foods from the Foods Allowed list. Follow diabetic instructions as for Day 3.</p>
<p>1 day before your CT colonography</p>	<p>Remember to drink plenty of fluids. You can have clear soups, (such as vegetable Bouillon), jelly, Bovril and Oxo drinks and water, clear juices, coffee and tea without milk. Drink as much tea or water as you like, but take at least ¼ pint (150mls) of fluid every hour during the daytime.</p> <p>Before breakfast at 8 o'clock in the morning Mix the sachet of Picolax with 3 or 4 dessert spoonfuls of cold water in a glass.</p> <p>The solution may become hot, this is normal. Wait 5 minutes, then dilute the solution with cold water to fill the glass, stir and drink all at once. Remember that Picolax will cause frequent loose bowel movements at any time after taking a dose.</p> <p>Stay within easy reach of a toilet. Using Vaseline, or a barrier cream on your bottom will help to prevent your bottom getting sore.</p> <p>Take your insulin as normal.</p> <p>Breakfast before 9.00am. Small portion of food from the Foods Allowed list.</p> <p>Lunch just before 12pm. Small portion from the Foods Allowed list.</p> <p>No further solid foods, milk or other dairy products are allowed after lunch for the rest of the day.</p> <p>At 12 noon Drink half the bottle of Gastrogragin (50mls) - this is best done by mixing with an equal quantity of water and some cordial - black currant squash works well</p> <p>At 7.00pm Drink the second half of the Gastrogragin (50 mls) as above.</p> <p>Continue to drink plenty of fluids from the Drinks Allowed list so that you do not become dehydrated.</p> <p>Check your blood sugar throughout the day.</p> <p>If you feel that your blood sugar is too low then you may have a non-diet sugary drink such as Lucozade or ordinary coke or lemonade.</p> <p>By now any bowel movements should be fluid (although individual responses to laxatives vary).</p>

<p>On the day of your CT colonography</p>	<p>Please do not have anything to eat. You can continue to drink clear fluids only (drinks without milk).</p> <p>By now any bowel movements should be fluid (although individual responses to laxatives vary). Using Vaseline or a barrier cream on your bottom will help to prevent soreness.</p> <p>Please bring your insulin and something to eat for breakfast with you to have after your examination. We will give you a hot drink.</p> <p>If you need any further advice please ring your diabetes nurse.</p>
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