Mersey and West Lancashire Teaching Hospitals
NHS Trust

Having a CT Colonography

Patient information leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس‌پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أُخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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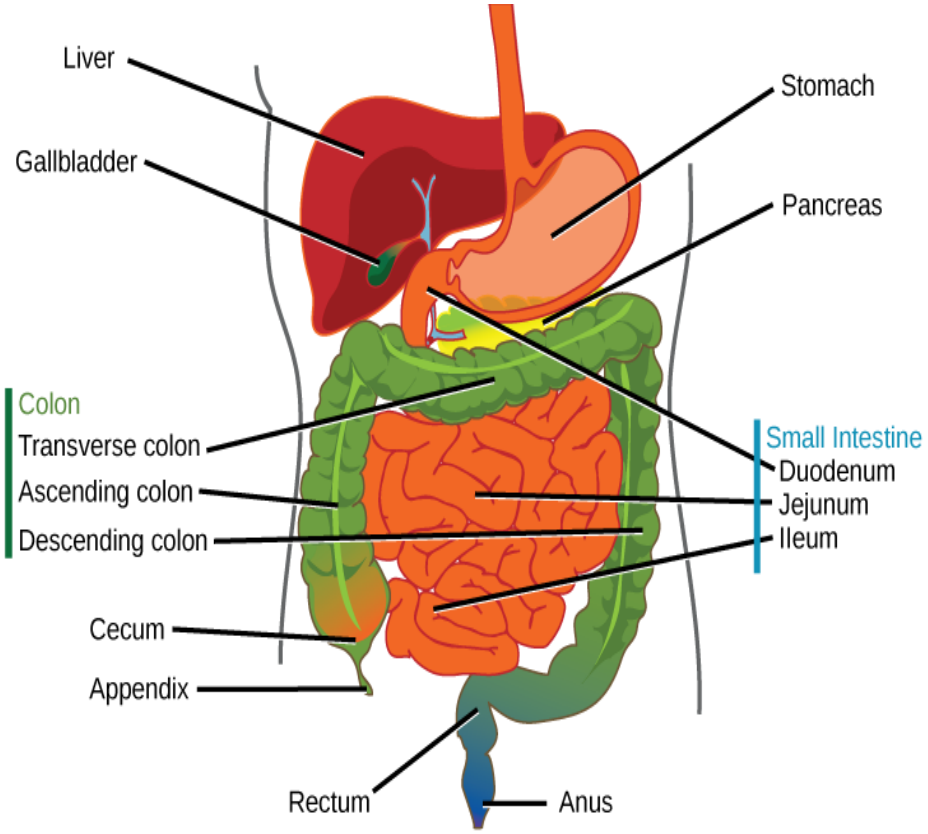
Introduction

This leaflet aims to inform you on having a Computed Tomography scan to look at your large bowel (CT Colonography). It explains how the test is done, what to expect, and what the possible risks are. If you have any questions or concerns, please do not hesitate to speak to your doctor or CT staff.

What is a CT scan?

A CT colonography (CTC) is a test to look at your large bowel and abdomen. It involves putting a small tube into your rectum (back passage) to inflate the large bowel with carbon dioxide. A series of pictures are then taken (involving x-rays) to produce a detailed image of the inside of your body. A special X-ray dye (contrast) that helps the large bowel show up better on x-rays is usually used. It is performed by a Radiographer, the Radiologist (specialist X-ray Doctor) looks at these pictures and makes a report which is sent to your referrer.

This examination needs special preparation. It is important that you follow the preparation instructions and diet stated in your appointment letter, as too much faeces in your bowel can make it difficult for the Radiologist to interpret the scan.



How should I prepare for the scan?

Bowel preparation information

If you have any medication allergies which concern you in regard to this procedure, please contact the CT department.

You may have collected or been sent the bowel preparation with instructions on how to take this in your appointment letter. This may include Omnipaque (contains iodine), Picolax, Moviprep or Gastrografin. The bowel preparation will result in diarrhoea, so please ensure that on the day that you take this medication, you are at home and have easy access to a toilet. It is not advisable to take this preparation at work due to the diarrhoea that it produces.

If you are taking the contraceptive pill, it may not be effective once you have taken the bowel preparation. Please speak to your GP, pharmacist or family planning clinic for further advice on contraception.

Please take your regular medicines as normal, unless you are told otherwise.

Giving my consent (permission)

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This states that you agree to have the procedure and you understand what it involves. If you would like more information about our consent process, please speak to a member of staff caring for you.

If you have an allergic reaction to the bowel preparation, such as rash, itchiness or redness, call the department or your GP.

In very rare cases a reaction can cause swelling of the face, lips, tongue or throat. If this happens, go straight to your local A&E department.

- If you take iron tablets please stop taking these 4 days before your test.
- If you have had antibiotics for diverticulitis in the last 6 weeks please get in touch as we may need to rearrange your appointment.
- Remember to keep drinking clear fluids to stop you becoming dehydrated. As a guide, try to drink about one glass every hour (during waking hours). Signs that you are dehydrated include dizziness, headache and confusion.
- Medicines taken between these times may not be fully absorbed. If you would like further advice on when to take your medicines, please speak to your doctor or contact your local pharmacy.

What to expect on your visit

On arrival at the Radiology Department.

- When you arrive in the CT department we will ask you to complete a short pre-scan checklist to confirm your medical history.

- You will also be asked to change into a hospital gown. You may find it more comfortable to bring a dressing gown and slippers with you but this is not essential. A small needle (cannula) will be put into a vein in your arm to give the X-ray contrast (dye), unless you have an iodine allergy or poor kidney function. We may also give you an injection of Buscopan (muscle relaxant) through the cannula. This can make your mouth dry and your vision slightly blurred, which normally lasts for 15-20 minutes (For further details on risks please see the risks section on pages 5-7).

- We will help position you on the CT bed. You will then be asked to roll onto your left side so we can put a small flexible tube into your rectum. Carbon dioxide (or air) will be put into the bowel through the tube, which will allow us to see the bowel better. The carbon dioxide will be absorbed by the body and breathed out through the lungs without any harm to you.

- Once your bowel is inflated, we will do a scan on your left side. You will then be asked to lie on your right side while the tube remains in place and more scans will be done. The X-ray contrast (dye) will be given during this scan.

- You will need to lie very still while each scan is performed. The scanner will also ask you to hold your breath for about 10 seconds at a time. This is to prevent blurring of the images.

How long will the scan take?

The scan will take 20 to 30 minutes but you will be in the department for about one hour. We will try to keep to your appointment time but occasionally we have to scan patients urgently at short notice. This means that your appointment could be delayed – we will let you know if this is the case.

What is Buscopan?

You may be given an injection of Buscopan (muscle relaxant) which helps to relax the bowel. It can make your mouth dry and your vision slightly blurred, which normally lasts for 15-20 minutes. We routinely ask safety questions prior to giving Buscopan, please see the risks section son page 7. In the rare event patients develop red or painful eyes within 24 hours of the test, please seek emergency medical attention at your local A&E.

Will I feel any pain?

You should expect to feel some discomfort but not feel any pain, but please tell the radiographer if you do. You may get the feeling of having trapped wind. The most difficult part is keeping still, if you are unable to lie flat please let us know. We will ask you stay in the department after your scan for about 30 minutes. This is to ensure you don't have any immediate side effects to the X-ray contrast (dye). In this time we will offer you a hot drink and some biscuits.

What are the risks?

Radiation

CT scanning involves the use of radiation. Any examination using radiation is only performed when strictly necessary and it is felt the benefits of the examination outweigh any potential risks. All imaging is performed using the minimum amount of radiation necessary, and is individualised for each patient depending on the size of the patient and the condition being investigated.

For more information on radiation please see the link below:
www.ukhsa-protectionservices.org.uk/radiationandyou/

Injection of X-ray contrast (dye)

The Omnipaque bottle given to you and the injection of X-ray contrast (dye) during the test contains iodine. We will complete a safety questionnaire to check your suitability to have the X-ray contrast (dye). The risk of serious allergic reaction to contrast materials that contain iodine is extremely rare and radiology departments are well equipped to deal with them. The injection usually causes nothing more than a warm feeling passing around your body, a metallic taste in your mouth and a sensation of passing water. These effects will pass within a few minutes.

Extravasation

Occasionally if you are having a contrast (dye) enhanced CT, there is a small risk that the injection of contrast can leak out of the vein and under the skin. This is called an extravasation. We find this occurs in 1 out of 200 injections. If this does happen then further advice will be given to by the Radiographer and Radiologist at the time of the CT.

Table 1: Types of Allergic reaction to Contrast (X-ray Dye).

Category	Type
Mild	Minor rash, redness, Swelling of the skin, Mild nasal congestion, sneezing, runny nose. Mild high blood pressure, nausea, Mild vomiting.
Moderate	Generalised redness Marked rash, Itching, and swelling of the skin, Hoarseness or throat tightness, Fainting Swelling of face and throat.
Severe	Respiratory arrest Cardiac arrest Fluid on the lung Seizures Cardiogenic shock The risk of death is extremely rare.

The risk of serious allergic reaction to contrast materials that contain iodine is extremely rare, and radiology departments are well equipped to deal with them.

If you have had an allergic reaction to iodine or the X-ray contrast (dye) in the past, then you must tell us prior to, or on arrival for, your appointment.

Pregnancy

If you are, or think you could be pregnant, please contact us prior to your appointment on the phone number in your appointment letter.

Buscopan

It can make your mouth dry and your vision slightly blurred, which normally lasts for 15-20 minutes. In the rare event you develop red or painful eyes within 24 hours of having the test, please seek emergency medical attention at your local A&E.

If you have any heart problems such as angina, cardiac arrhythmia or if you have had a recent heart attack please inform the radiographers when you attend for the test as you may not be suitable to have Buscopan. If you use a GTN spray for angina please bring this with you when you attend.

Bowel Perforation

Perforation of the bowel can occur with this test but this is also very rare (approx. 1 in 3000 tests). When it happens nearly all cases resolve without treatment, but it may require hospital admission and observation under the care of a surgeon in case an operation is needed. Despite these small risks, your doctor believes it is advisable that you should have this examination.

Do bear in mind that there are greater risks from missing a serious condition like bowel cancer by not having a CTC. Please remember this test is safe - serious complications are rare.

Additional Information

When can I return to work?

If you feel well, you may return to work on the same afternoon following your CTC. Alternatively, you may wish to take the rest of the day off to recover from the bowel preparation and return to work the following day. You may experience some side effects from the gas; this may cause you to pass wind or even burp. These are both normal and will be helped with having lots of hot drinks.

When will I get the results?

The images taken during the scan are carefully studied by the radiologist, who will produce a detailed report. The report will be sent to the doctor who referred you for the scan. They will discuss the results, and any treatment you may need, with you.

What do I need to do after I go home?

You can eat and drink as normal and resume your usual activities straight after the scan. Please contact your GP or go to your nearest Emergency Department (A&E) if you feel unwell or think you may have an allergic reaction to the contrast dye, such as rash, itchiness or redness or experience a sharp pain in the abdomen or develop red or painful eyes.

If you have any further questions please don’t hesitate to call the Radiology Department via the number given on your appointment letter.

Notes

Finally

The pictures taken during the examination are studied carefully and a detailed report is produced. The results will be sent to the person who referred you for the test. They will discuss the results with you and any treatment you may need.

You may already have an appointment with the team who referred you. If not, please contact them to arrange one to discuss the results of this test.

If you have any further questions, please do not hesitate to call the Radiology Department via the number given on your appointment letter.

As this is a teaching hospital there may be students and observers present during your examination as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

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