

PATIENT INFORMATION ON CT COLONOGRAPHY SERVICE, BHSCT

CT colonography is a test to look inside your abdomen and bowel for any abnormality. This leaflet explains how the test is done, the risks involved and what to expect. It is very important you read all the information when you receive your appointment.

What if I cannot keep my appointment for a CT Colonography examination?

If you cannot keep your appointment, please contact the Imaging Centralised Appointments Office on **028 961 58900**. If you require to be admitted to hospital before your appointment and unable to attend, please contact relevant ward staff to inform them that you cannot attend.

What is a CT Colonography examination?

This scan uses a CT scanner to produce two dimensional images of the whole of the large bowel (colon and rectum). CT stands for computed tomography which is a way of using x-rays to produce images of a 'slice' through a part of the body. During a CT colonography scan, air or carbon dioxide is used to inflate the bowel via a thin flexible tube placed in your back passage. You will then most likely have two CT scans - first lying on your front and then on your back. You may also be asked to lie on each side for another scan.

Are there alternatives to a CT Colonography examination?

A Colonoscopy, 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 this CT scan and usually requires sedation. However, it does allow tissue biopsy or polyp removal if needed. In our hospital, CT colonography may be used to give additional information after an incomplete colonoscopy.

What do I have to do before my CT Colonography examination?

Once you have received your appointment letter, you must contact the Imaging Centralised Appointments Office on **028 961 58900** to confirm that you will be able to attend your scheduled appointment.

If you are diabetic, please contact us for advice before starting any bowel preparation. If you take Metformin (Glucophage) tablets for diabetes, please let us know as soon as you receive this appointment. You can continue taking your tablets or insulin as normal including the morning of the scan. If your diabetes is controlled and you are able to monitor your own blood sugar, then most people can continue

with the diet as instructed. Taking laxatives can reduce your blood sugar so you may have to monitor your blood sugar more frequently.

A CT radiographer will also contact you 1 week prior to your appointment to go through what the examination entails and to answer any further queries you may have. They will contact you from a withheld number and is important that you take this call to ensure that you properly prepare for the examination.

Is there any preparation for my CT Colonography examination?

To give us a clear view of the bowel lining, your bowel must be prepared before the test. This involves clearing the bowel of stool (faeces) using strong laxatives. You will also be required to drink a small bottle of Omnipaque the night before your procedure. Omnipaque will highlight any retained faecal material within the bowel. If you have had an allergic reaction to iodine- based contrast, you must not take this drink and please contact the appointments office or the CT department. A diet sheet will be sent out with your appointment and the preparation.

What happens during a CT Colonography examination?

The radiographer will explain the test and answer any questions. Please let him/her know if you have had any problems with your bowel preparation. We will ask you to undress in a cubicle. There is a cotton gown to wear. You may wish to bring a dressing gown with you.

The procedure will usually take about 20 minutes.

You may have a cannula (a small plastic tube) inserted into one of the veins in your arm.

We will ask you to lie down on the scanner table on your left side. The radiographer will pass a short, thin flexible tube into your back passage. A muscle relaxant (Buscopan) may be injected through the cannula to avoid bowel spasm. Air or carbon dioxide will be gently introduced into your bowel through the tube in your back passage. Despite the muscle relaxant, you may still feel some bloating and mild discomfort in your abdomen like 'bad wind'. When the radiographer is satisfied with the amount of gas in your large bowel, a CT scan will be taken with you lying on your front. You may then be asked to turn on to your back for a second scan. Then we may give you an iodine-based intravenous contrast (x-ray dye) via the cannula. You may feel a warm sensation during this injection. Each scan will take about 10 to 20 seconds (1 breath hold).

What happens after my CT colonography examination?

After the scan has been completed the radiographer will remove the tube from the back passage and you will be able to get off the scan table. We ask that you remain in the hospital for forty-five minutes after your scan, just to make sure you are feeling all right. It is normal to pass 'wind' at this time. The radiologist will send a report of your scan to the referring consultant. The Referrer will be in touch with you with another appointment to discuss the results.

Are there any risks?

CT scanners use more radiation than simple x-rays to give the doctor more information. We think the benefits of this scan outweigh the risks of the exposure to radiation. The information obtained from the scan may help with diagnosis or to plan your treatment. A CT colonography scan is generally regarded as a very safe test. Problems occur rarely, and if they do, they are similar to those which could happen with other methods of examining the large bowel. These include the following:

- Abdominal discomfort
- 'Faint-like' reactions
- Reactions to the injected contrast
- Damage to the bowel wall (a small tear in the lining of the colon or rectum may occur rarely, in fewer than 1 in 3000 tests).

As with all medication, a small number of people may be allergic to the contrast injection (x-ray dye). Please tell the radiographer if you have any allergies. If you have severe abdominal pains or bleeding from the back passage that is persistent or severe, including blood clots, in the 48 hours after the test, then you should get in touch with your GP straight away. If you need further information, please phone the relevant CT department and ask to speak to a radiographer.

Asking for your consent

The radiographer/radiologist will ask you if you are happy for the scan to go ahead. This is called verbal consent. If you do not wish to have the scan or are undecided, please tell the radiographer/radiologist. If you wish to have a chaperone present during your scan, please alert a health care professional before the scan begins.

Students/trainees may be present during the examination but only with your verbal consent. Please remember that you can ask the radiographer/radiologist any questions you have at any time before, during or after your scan.

DIET SHEET

Please follow these instructions closely to make sure that your bowel is as empty as possible before the scan. Keeping to this diet will improve the accuracy of this test. You will need to stay close to a toilet the day before the examination at all times as MoviPrep is a laxative which can be extremely effective.

If you are taking iron tablets, stop taking them 5 days before your scan.

Two Days before your Scan

<p>You can eat low fibre foods such as:</p> <ul style="list-style-type: none"> ✓ Milk (2 cups/day), plain yoghurt, cheese, butter, margarine. ✓ Corn Flakes, Rice Krispies ✓ White fish or chicken (boiled/steamed/grilled) ✓ Eggs, Tofu ✓ White pasta, white rice ✓ White bread, white pitta ✓ Potatoes with no skin e.g. mashed, boiled ✓ Clear soups (no solid bits e.g. sieved chicken noodle), ✓ Clear jelly, boiled sweets, ice cream, chocolate (no fruit or nut) ✓ Salt, pepper, sugar, sweeteners and honey ✓ Smooth Fruit Juice (NO bits), ✓ Rich Tea Biscuits 	<p>Do not eat high fibre foods such as:</p> <ul style="list-style-type: none"> X Red meats, pink fish e.g. salmon X Fruit, vegetables, salad, mushrooms, sweetcorn. X Cereals, nuts, seeds, pips, bran, beans, lentils X Brown Bread, brown or wild rice, brown pasta X Pickles, chutneys
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The Day before your Scan

Light meal 1-2 hours before Moviprep (Eat nothing from 3pm until after procedure but continue to drink clear fluids up to one hour before colonography.)

Step by Step MoviPrep Instructions

Step 1 - At 3pm pour the contents of one sachet A and one sachet B into a jug. Add 1 litre of water to the powder and stir until the powder is completely dissolved and the solution is clear. Add cordial to taste (**NOT Blackcurrant**).

Step 2 - Drink this first litre of MoviPrep over one hour followed by 500mls of water.

Step 3 - At 6pm repeat Step 1 and prepare another litre of MoviPrep. Drink this litre again over one hour followed by 500 mls of water.

Step 4 - 10pm drink 50mls bottle of omnipaque.

Do not eat until after procedure has been performed.

On the Morning of your Scan

Keep drinking plenty of fluids from the list but **DO NOT EAT** any solid food

Diabetic Patients Only

A light breakfast is suggested (one slice of white bread with black tea/coffee).

After the examination: You can eat normally when you have left the department.

PREGNANCY: If there is any chance you might be pregnant, please notify the relevant CT 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.

Image sharing

Your images will be electronically stored on the hospital picture archiving system. This data can be accessed throughout the Belfast Health and Social Care Trust and other doctors and health care professionals who are directly involved in your care. The ability to share images and radiological reports will improve the safety and quality of your care by ensuring that the right information is available in the right place at the right time.

In order to improve the medical services we provide we may also use your data as anonymously as possible for internal audit and medical education. If you would prefer that your data is not used for these purposes, please inform a member of staff when you attend for your examination.

If your data is to be used for research, then a separate consent process will be used. You will be asked for your consent, should this be the case.

Contact us

If you have any queries, we will be happy to answer any questions on the day of your CT scan, or you can contact the CT Department where your appointment is scheduled citing your H&C number (Monday to Friday 9am to 4:30pm):

Belfast City Hospital: 028 950 41120 or 028 950 48101

Royal Victoria Hospital: 028 961 50011 or 028 961 50130

Feedback

We hope you found the information in this leaflet helpful. If it did not tell you what you needed to know or you would like to provide any feedback on your experience please let us know so that we can make any necessary improvements.

You can provide feedback on your experience:

Telephone: **028 9504 8000** (Monday-Friday: 9am-4pm)

Textphone: **18001 028 950 48000**

By email: compliments@belfasttrust.hscni.net

By email: complaints@belfasttrust.hscni.net

By completing an online form:

<http://www.belfasttrust.hscni.net/contact/FeedbackForm.htm>

Care Opinion



We invite you to share your experience by clicking the following link:

<https://www.careopinion.org.uk/>

or by scanning the following QR code on your smartphone or tablet:



Language and accessible support services -

Deaf/Hard of Hearing

If a Sign Language interpreter is required, please either telephone **028 9615 8900** via the Sign Video remote interpreting service (<https://signvideo.co.uk/deaf-community/>) or email us at MPHAdminFOH@belfasttrust.hscni.net and we will arrange one for your appointment. Please have your H&C number ready when calling or include it in your email. This can be found at the top right corner of any Health and Social Care letters you may have received.

If you are unable to hear on the phone and need to contact us with regards to your appointment you can email us at MPHAdminFOH@belfasttrust.hscni.net.

Do you need this information in another format or language?

The Trust has access to interpreting and translation services. If you need this information in another language or format, including Braille, large print, CD, audio tape please contact the telephone number **028 9615 8900** or e-mail address MPHAdminFOH@belfasttrust.hscni.net, and we will do our best to meet your needs.

Polish - Czy potrzebujesz tych informacji w innym formacie lub języku?

Fundusz ma dostęp do usług w zakresie tłumaczeń ustnych i pisemnych. Jeśli potrzebujesz tych informacji w innym języku lub formacie, w tym w piśmie Braille'a, dużym druku, na płycie CD, kasecie magnetofonowej, skontaktuj się z nami pod numerem telefonu lub adresem e-mail **028 9615 8900 / MPHAdminFOH@belfasttrust.hscni.net**, a my dołożymy wszelkich starań, aby spełnić Twoje potrzeby.

Arabic - هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟

تستطيع الجمعية توفير خدمات الترجمة الفورية والتحريرية. إذا احتجت هذه المعلومات بلغة أو بصيغة أخرى، بما فيها صيغة برايل Braille أو صيغة بالأحرف الكبيرة، أو في سي دي CD أو في شريط مسموع، يُرجى الاتصال برقم التليفون أو عبر البريد الإلكتروني **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**، وسوف نبذل قصارى جهدنا في تلبية احتياجاتك.

Lithuanian - Ar jums reikia šios informacijos kitu formatu ar kalba?

Tarnyba gali suteikti vertimo žodžiu ir raštu paslaugas. Jei reikia šios informacijos kita kalba ar formatu, įskaitant Brailio raštą, didelį šriftą, kompaktinį diską, garso įrašą, skambinkite telefonu arba susisiekite el. paštu **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900** ir mes padarysime viską, kad patenkintume jūsų poreikius.

Romanian - Aveți nevoie de aceste informații într-un alt format sau altă limbă?

Trustul are acces la servicii de interpretariat și traducere. Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un alt format, inclusiv Braille, tipărire cu caractere de mari dimensiuni, CD, înregistrare audio, atunci vă rugăm să ne contactați la numărul de telefon sau la adresa de e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, iar noi vom face tot posibilul pentru satisfacerea necesităților dumneavoastră.

Tetum - Ita presiza atu informasaun ida ne'e iha formatu ka lian seluk ka lae?

Fidusiáriu ida ne'e iha asesu ba servisu durubasa no tradusaun. Se Ita presiza informasaun ida ne'e iha lian ka formatu seluk, inklui letra Braile, letra boot, CD, kasete audio, entaun favór telefone númeru ka enderesu e-mail **MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900**, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.