

THE BELFAST TRUST CT COLONOSCOPY SERVICE

YOUR GUIDE TO CT COLONOSCOPY FOR COLOSTOMY PATIENTS

Your consultant has advised you have a Computed Tomography (CT) Colonoscopy to help find the cause of your symptoms or as part of a routine screening programme to detect (find) disease or abnormalities (unusual areas) at an early stage in people with no symptoms.

This leaflet tells you about CT colonoscopy and will help you understand what will happen before, during and after your examination.

This leaflet explains how the test is done, the risks involved and bowel cleansing required. It is very important you read all the information when you receive this appointment.

Important: The preparation included is for CT colonoscopy only and should not be taken for any other Imaging/Radiology procedure.

The medicine contained within this pack has been prescribed for you only. Do not pass it on to others.

What if I cannot keep my appointment for the CT Colonoscopy 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 Colonoscopy examination?

A CT colonoscopy is an examination of the large bowel or colon. The examination 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.

Prior to your CT Colonoscopy you will be required to undertake bowel cleansing using Moviprep preparation. To enhance the quality of your scan you will be required to drink a small bottle of solution called Omnipaque (both explained further within this information leaflet).

During a CT colonoscopy scan, carbon dioxide is used to distend the large bowel via a thin flexible tube placed within your stoma. Once your large bowel is sufficiently distended with carbon dioxide two CT scans will then be carried out. You may be asked to lie on either your back and front or on both sides for your CT scan. To ensure adequate distension of your large bowel a third scan maybe required. The radiographer will inform you if a third scan is required.

The procedure is not usually painful but may be slightly uncomfortable. Patients may experience a feeling of fullness and bloating which is due to the carbon dioxide passed into the bowel. Any feelings of bloating or abdominal discomfort will quickly pass once the examination has been completed.

Are there alternatives to a CT Colonoscopy examination?

A Colonoscopy, where a thin tube with a camera on the end (colonoscope) is used to directly visualise 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 colonoscopy may be used to give additional information after an incomplete colonoscopy.

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

Once you have received your appointment letter, you must contact the Imaging Centralised Appointments Office on **02896158900** to confirm that you will be able to attend your scheduled appointment.

Please bring a new colostomy bag with you on the day of your CT scan as you will need to change your colostomy bag following your CT scan.

Is there any preparation for my CT Colonoscopy examination?

To give us a clear view of the large bowel lining, your large bowel must be prepared before the examination. This involves cleansing the large bowel of stool (faeces) using a strong laxative known as Moviprep. You will also be required to drink a small bottle of Omnipaque the night before your procedure (it is safe to drink this medication). Omnipaque will highlight any retained faecal material within the large 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.

What about my medication?

If you are taking an oral medicine, do not take it an hour either side of drinking your dose of Moviprep.

Do not take iron tablets 5 days before your examination and stool bulking medication such as Fybogel, Regulan, Loperamide, Lomitol, Codeine Phosphate.

Information for Diabetic Patients

It is important you contact your specialist diabetic nurse, or practise nurse or GP for information regarding your diabetic medication before you start taking bowel preparation.

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 should check your blood sugar regularly while you are taking your bowel preparation and before you leave your house to have your procedure. As the preparation section states, you are allowed to drink clear fluids at any time. This includes lucozade, fizzy drinks and fruit juice (no bits).

Ideally you will be given an early morning appointment.

Bring your insulin/tablets with you and something to eat with you for after the procedure.

Information for patients with Addisons Disease

If you have Addison disease please contact the radiology department immediately. You may require different preparation instructions to this one.

What is moviprep and what is it used for?

Moviprep is a lemon flavoured laxative contained in four sachets. There are two large sachets ('sachet A') and two small sachets ('sachet B'). Both will be required for bowel cleansing.

Moviprep works by emptying the contents of your large bowel, so you should expect to have watery bowel movements.

Do not take any solid food from when you start to take Moviprep until after the examination. When taking Moviprep you should continue to take plenty of fluids. The fluid content of Moviprep does not replace your regular fluid intake.

What is Omnipaque and what is it used for?

Omnipaque is a ‘contrast medium’ that contains iodine which is commonly used in the Radiology department. It is used to enhance the information obtained on your CT scan.

Omnipaque can be administered using different methods. It is safe to drink the omnipaque.

If you develop any of below symptoms after drinking the omnipaque please discontinue use and attend your local emergency department immediately and bring the bottle of omnipaque with you:

- Difficulty in breathing or tightness or pain in chest.
- Skin rash, itchy spots, red/itchy eyes.
- Swelling of your face.

It is common after drinking omnipaque that you may feel sick (nausea). If this becomes serious please attend your local emergency department immediately and bring the bottle of omnipaque with you.

What happens during a CT Colonoscopy examination?

The radiographer will call you from the waiting area and 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.

Once brought into the CT scanner you will meet a Consultant Radiologist who will explain the procedure. You will be asked to lie on your back on the CT scanner where the Consultant Radiologist will open your stoma bag and insert a flexible catheter (tube) into your stoma. Once situated they will inflate a small balloon at the catheter tip to help keep it in place throughout the examination.

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’. Once Buscopan has been administered the Consultant Radiologist will commence carbon dioxide insufflation.

Please note: Buscopan is not a sedative. No sedatives are given for CT Colonoscopy

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’.

You may be asked to turn onto either side or to remain on your back to help the carbon dioxide gas reach all parts of the large colon. Careful consideration will be given to the position of the flexible catheter (tube) when you are turning into another position on the CT scanner.

When the Consultant Radiologist is satisfied with the amount of gas in your large colon a series of CT scans will be taken. During the first scan 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). Following the first scan the radiographer will position you for your second scan. The radiographer will inform you if a third scan is required.

What happens after my CT Colonoscopy examination?

After the scan has been completed the Consultant Radiologist will remove the flexible catheter (tube) from your stoma and you will be able to get off the scan table. At this stage you may wish to replace your stoma bag with the spare you have brought with you. We ask that you remain in the hospital for forty-five minutes after your scan, just to make sure you are feeling all right. The radiologist will send a report of your scan to the referring consultant. The Referrer will be in contact 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. The risk of developing cancer or leukaemia following a CT scan is small. In many situations, the benefit of a CT scan greatly outweighs the risks. However, the radiation doses from CT scans are kept as low as possible in order to minimise any risk. The information obtained from the scan may help with diagnosis or to plan your treatment.

A CT colonoscopy 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 stoma bag 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.

The risk of taking Moviprep bowel cleansing preparation is that it can cause side effects such as nausea (feeling sick), vomiting, diarrhoea, bloating, abdominal (tummy) pain, and sleep disturbance. If you feel unwell taking Moviprep please contact your GP. If your symptoms are severe please attend A&E or call 999 in an emergency.

What are the risks of NOT taking Moviprep?

If you do not take Moviprep correctly, your large bowel will not be cleansed enough to ensure a safe and effective examination, which may mean we need to cancel your procedure.

Results

Your scan will be interpreted by a Consultant Radiologist and a written report sent to your referring consultant. It is the responsibility of your referring consultant to issue your results. You should receive your results within 4 weeks. If you have any concerns regarding results please contact your referring consultant or referring consultant secretary.

DIET SHEET

Please follow these instructions and NOT the instructions in the box of bowel prep medication that you have been sent.

Please follow these instructions closely to make sure that your large 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.

TWO DAYS BEFORE YOUR SCAN

Low fibre diet two days before your scan aids bowel cleansing.

Low fibre foods (which are allowed)	High fibre foods (to be avoided)
<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 eg mashed, boiled • Clear soups (no solid bits eg 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 	<ul style="list-style-type: none"> • Red meats, pink fish e.g. salmon • Fruit, vegetables, salad, mushrooms, and sweetcorn • Cereals, nuts, seeds, pips, bran, beans, and lentils • Brown bread, brown or wild rice, brown pasta • Pickles, chutneys • Yoghurts

THE DAY BEFORE YOUR SCAN

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

Each box of Moviprep contains two sealed plastic bags. Each bag contains two sachets (A and B).



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. To aid bowel cleansing and to prevent dehydration **you must follow this with 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 (it is safe to drink this solution). Do not drink this solution if you have had an allergic reaction to iodine- based contrast.

DO NOT eat until after procedure has been performed.

PLEASE NOTE: When taking moviprep you may expect to have a large volume of liquid stool output from your stoma which may overflow your stoma bag. Please stay near a bathroom so the stoma bag can be emptied or replaced as required. You should be prepared to drain your stoma bag every 30-60 minutes.

Have plenty of dry wipes at hand for preparing to change your stoma bag.

ONCE YOU START TO PASS CLEAR FLUID VIA YOUR STOMA YOU WILL NOT NEED TO DRINK ANY MORE MOVIPREP.

THE MORNING OF YOUR SCAN

Keep drinking plenty of water 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.

Key points to remember

- Do not eat anything after lunch on the day before your CT colonoscopy appointment.
- Take 2 litres of MOVIPREP the night before your procedure.
- To prepare a 1 litre of MOVIPREP pour the contents of one sachet A and one sachet B into a jug, make up to 1 litre with water (not chilled).
- Drink an additional 500ml of water or clear fluids with each litre of MOVIPREP taken.
- If you are taking any oral medicine, do not take it an hour either side of drinking your dose of MOVIPREP.
- After you drink MOVIPREP you will have lots of watery bowel movements, so stay near a toilet because you may need to use it urgently.
- For full details, please refer to the instructions provided with your box of Moviprep.

Remember to bring a spare stoma bag with you to your appointment.

If you suffer from any of the following when taking the bowel cleansing preparation stop taking the preparation and seek emergency medical help:

- Difficulty breathing
- Swelling of your face, lips, tongue or throat.
- Hives (a raised itchy rash).

Please note: we do not have any childcare facilities within the department. No child will be admitted into the examination room.

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.

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 CTC scan or you can call us on the numbers below and ask to speak to a radiographer (Monday to Friday 9am to 4:30pm), citing your H&C number that will appear on your appointment letter.

Please contact the CT Department where your appointment is scheduled:
Belfast City Hospital 02895041120 or 02895043593

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.

هل تحتاج هذه المعلومات بصيغة أو بلغة أخرى؟ - **Arabic**

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 Braille, letra boot, CD, kasete audio, entaun favór telefone número ka enderesu e-mail MPHAdminFOH@belfasttrust.hscni.net / **028 9615 8900**, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.