

INFORMATION AND PREPARATION SHEET

CT ENTEROGRAPHY SCAN

What is CT Enterography?

This leaflet tells you about having CT Enterography, a test to look at your small bowel. 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 referring clinician.

CT Enterography is a non-invasive way of looking inside your small bowel and abdomen. A CT (Computed Tomography) scanner uses special X-Ray equipment and computers to produce images of multiple “slices” of the part of the body being scanned. These images of the inside of the body can then be examined on a computer monitor.

For CT Enterography, fluid is drunk prior to the scan to distend the small bowel so that it can be well seen on the CT images. The CT scanner consists of a ‘doughnut-shaped’ structure with a hole, or short tunnel in the centre. You will lie on a narrow examination table that slides into and out of this open tunnel.

Are there risks?

CT scanning involves the use of X-Rays. There are strict guidelines in place for the use of X-Rays in diagnosing medical conditions so CT scans can only be performed at the request of a Doctor. The amount of radiation used is more than an ordinary X-ray of the chest or body and is equal to the natural radiation that we receive from the atmosphere over a period of approximately three years. Women who are or might be pregnant must inform a member of staff in advance. We will keep the radiation dose as low as we possibly can with technology on the CT scanners.

You may receive an injection of a contrast medium (dye) injected into a vein to increase the quality of information obtained from the scan. The injection usually causes nothing more than a warm feeling passing around your body, a metallic taste in your mouth and occasionally a sensation of needing to urinate. These effects subside within a few minutes. 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.

Despite these slight risks, your doctor believes it is advisable that you should have this examination, and do bear in mind there are greater risks from missing a serious disorder by *not* having your scan.

Are there alternatives to CT Enterography?

Small bowel barium studies use barium contrast to fill or coat the small bowel and allow it to be seen on X-Rays. The barium is taken orally (*small bowel meal or follow through*) .

Endoscopy is a way of examining the large bowel using a thin tube with a camera on the end (endoscope) which is passed through the oesophagus and stomach and

moved around the small bowel. The procedure is more invasive than CT Enterography and usually requires sedation. Visualisation of the entire small bowel by endoscopy is a specialised technique and is not widely available. However, it does allow tissue to be removed for testing (biopsy) if needed.

Video capsule endoscopy uses a 'capsule camera' which is swallowed by the patient. This sends real time pictures as it passes through the small bowel to a recording device worn on the patient's waist. This technology is not widely available at the moment. These examinations give a view of the small bowel only and, unlike CT Enterography, do not give information about the other structures inside your abdomen .

MRI of the Small Bowel uses an MRI scanner to obtain cross-sectional images of the small bowel after it has been distended with a special solution taken orally . Like CT Enterography, this technique also provides information about the other structures inside your abdomen.

What do I need to do to prepare for my scan?

Bowel preparation:

It is very important for the stomach and small bowel to be empty before the test is performed so that the small bowel can be clearly seen. You should not eat or drink 4 hours before your test.

Tablets and medicines:

You should continue to take all your normal medication.

Females:

Females are asked to contact the Radiology department if you suspect that you may be pregnant. This test uses radiation and there is a risk to the unborn baby if we were to do the X-Rays when you are pregnant. If you are taking the oral contraceptive pill, diarrhoea can make it less effective. Continue taking the pill but use other precautions for the rest of that cycle.

Allergy to iodine or intravenous contrast medium

You should inform us in advance if you have a known allergy to iodine or intravenous Contrast material (dye).

Can I bring a friend?

You may bring a relative or friend with you to the appointment but they will be asked to wait outside the department due to social distancing. If you need an interpreter please tell us when you receive your appointment so that we can arrange this.

Please let us know when you arrive for your test if you have any of the following conditions:

- Diabetes
- Kidney disease
- Heart disease
- Any allergies
- You have had a reaction to iodine or any intravenous contrast medium (if you are not sure about this, please ask us).
- Asthma
- Prostate problems
- Glaucoma
- Previous Bowel obstruction

What happens during the procedure?

You will be asked to drink about 2 litres of liquid, which passes through your oesophagus and stomach before going into your small bowel. You should drink this steadily over approximately 45 minutes.

You will be taken into the CT scanning room and asked to lie on the scanner table flat on your back. The radiographer will ensure that you are lying comfortably in the correct position. Straps and pillows may be used to help maintain the correct position and to keep you still during the examination.

A small tube, called a cannula will be inserted into one of the veins in your arm. A muscle relaxant [Buscopan] will normally be injected to stop the bowel from moving during the scan. This may make your eyesight blurred, but it soon wears off. If you suffer a delayed reaction of red or painful eyes contact your GP / AE and let them know you have had an injection of Buscopan. However, you should not drive for 45 minutes after the injection.

Iodine based intravenous contrast may be administered through the cannula during the scan using a special pump. You will also be asked to hold your breath and will feel the table move in and out of the scanner and whilst the scans are taken. The scan will take approximately 30 seconds (one breath hold).

Sometimes the radiographer may need to take extra scans to ensure we can fully see your entire bowel. You will be alone in the CT room during the scan but the radiographer will be able to see, hear and speak with you at all times. When the scan is finished the radiographer will check the images are complete before helping you get off the table.

What happens after the scan?

The liquid you drink may cause some short-lived diarrhoea, so you may wish to spend a short time in the department near to a toilet before you go home. You may eat and drink as normal as soon as the examination is finished. If you have had an injection of contrast into a vein you will need to stay in the hospital grounds for 1 hour after your scan. A radiographer or helper will then take the cannula out. You may eat and drink as normal as soon as the examination is finished.

How will I get my results?

A specialist radiologist will review the images from your CT scan and send a report to your doctor. Your GP or hospital Consultant who referred you for the test will see you to discuss the results.

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 & Feedback

If you have any queries, we will be happy to answer any questions on the day of your CT scan or you can contact us on the number given on your appointment letter.

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](mailto:MPHAdminFOH@belfasttrust.hscni.net)، 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](mailto:MPHAdminFOH@belfasttrust.hscni.net) 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 númeru ka enderesu e-mail

MPHAdminFOH@belfasttrust.hscni.net / 028 9615 8900, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.