

THE BELFAST TRUST CT COLONOSCOPY (VIRTUAL) SERVICE

YOUR GUIDE TO CT COLONOSCOPY USING GASTROGRAFIN BOWEL PREPARATION

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. Please keep out of reach of children.

You will note a tick box ☐ at the end of each section. Please tick when you have read each section. This will help ensure you have read all of this information pack.

SECTION 1

What if I cannot keep my appointment for a 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 or alternatively rearrange your appointment.

Letting us know in advance that you are unable to or no longer wish to attend allows us to offer your appointment to another patient.

How long will my appointment take, and can I drive?

The procedure takes approximately 20-30 minutes, and you will be asked to remain in the department for at least 45 minutes after your procedure to make sure any possible side-effects have worn off. You can drive to and from your procedure.

PREGNANCY: If there is any possibility you may be pregnant, please notify the CT department immediately. CT Imaging during pregnancy is not recommended unless it is an emergency. If you take oral contraceptives, the diarrhoea caused by the bowel preparation may reduce their effectiveness. Continue taking oral contraceptives but use other precautions for the remainder of your cycle.

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SECTION 2

What is a CT Colonoscopy examination?

A CT colonoscopy is an examination of the large bowel. The examination uses a CT scanner to produce two dimensional images of the whole of the large bowel.

During a CT colonoscopy scan, carbon dioxide is used to distend the large bowel via a thin flexible tube placed in your back passage. 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 may be 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?

An alternative is an Endoscopy procedure known as colonoscopy, where a thin tube with a camera on the end (colonoscope) is passed into the back passage and moved up and around the large bowel. It remains as a standard test for the large bowel. It is more invasive than CT colonoscopy and usually requires sedation. However, it does allow tissue biopsy or polyp removal if needed. In Belfast City Hospital, CT colonoscopy may be used to give additional information after an incomplete endoscopy.

Is there any preparation for my CT Colonoscopy examination?

To give us a clear view of the bowel lining, your bowel must be prepared before the test. You will also be required to drink a small bottle of Gastrografin the day before your procedure. Gastrografin will highlight any retained faecal material within the bowel. If you are allergic to iodine and/or 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.



SECTION 3

What about my medication?

If you take any medicines, take them at least 1 hour before taking Gastrografin or at least 1 hour afterwards. Any medicines taken orally (by mouth) may not be absorbed properly and may not have their desired effect if taken within 1 hour of taking Gastrografin. If you would like further advice on when to take your medicines please speak to your doctor.

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

Do not take Flozins such as Forxiga, Invokana, Jardiance or Steglatro for 48 hours before your examination.

Information for Diabetic Patients

It is important you contact your diabetic 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 for after the procedure.

Information for patients who have a colostomy, ileostomy or Jejunostomy (stoma)

Please contact the radiology department immediately. You may require an alternative test that will have different preparation instructions to this one.

Information for patients with Addisons Disease

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



SECTION 4

What is Gastrografin and what is it used for?

Gastrografin is a contrast medium which contains iodine which is commonly used in the Radiology department. It is designed to cleanse your bowel prior to your planned CT colonoscopy procedure. It does this by causing you to have diarrhoea. It may cause frequent liquid bowel movements. A clean bowel will allow a clear view of the inner lining of your colon, which is important for accurate diagnosis and treatment.

If you develop any of below symptoms after drinking the gastrografin please discontinue use and attend your local emergency department immediately and bring the bottle of gastrografin 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 gastrografin that you may feel sick (nausea). If this becomes serious please attend your local emergency department immediately and bring the bottle of gastrografin with you.

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.



SECTION 5

What happens during a CT Colonoscopy examination?

The radiographer will explain the test and answer any questions. Please let them 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.

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 right 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.

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

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What happens after my CT colonoscopy 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. The radiographer will direct you to the bathroom if you feel it is required. 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 radiographer should provide you with an aftercare leaflet.

The radiologist (doctor who reports your CT scan) will send a report of your scan to your referring consultant. The Referrer will be in contact with you an appointment to discuss the results.



SECTION 6

Are there any risks?

Radiation Risk: 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.

Procedural Risk: 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/bloating
- Faint-like' reactions
- Reactions to the injected contrast and/or buscopan
- 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).

Medication Risk: As with all medication, a small number of people may be allergic to the contrast injection (x-ray dye) and muscle relaxant Buscopan. 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.

Extravasation Risk: Occasionally if you are having an injection of x-ray dye there is a small risk that the injection can leak out of the vein and under the skin. This is called extravasation. If this does happen, then further advice will be given to you by staff.

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

Pregnancy risk: please refer to section one.

An aftercare leaflet will be given to you following your procedure which will advise what you need to do if you become unwell when you leave the department.

What are the risks of not taking Gastrografin?

If you do not take Gastrografin 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.



SECTION 7

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. ☐

SECTION 8

DIET SHEET

Please follow these instructions closely to make sure that your bowel is well prepared before the scan. Keeping to this diet will improve the accuracy of this test. Please stay close to a toilet as gastrografin can increase frequency of bowel movement and diarrhoea.

FIVE DAYS BEFORE YOUR SCAN

Stop any iron tablets you may be taking. **Continue all other medication and any laxatives you normally take, until you come for your scan.**

THE DAY BEFORE YOUR SCAN

Do not eat any solid food. You can have clear soups (e.g. strained chicken noodle soup – not blended soups), vegetable Bouillon, jelly, ice cream, custard, Complan drinks, Bovril and Oxo drinks, water, clear juices, fizzy drinks, coffee and tea (with milk if preferred).

Drink as much tea or water as you like but take at least 1/4pint (150mls) of fluid every hour on the hour during the daytime.

Step by step Gastrografin instructions:

At 10:00 am: Dose one. Drink half the bottle of Gastrografin (50mls) – mix with an equal amount of water. It may be flavoured with fruit juice or cordial. No bits.

At 6:00 pm: Dose two. Drink the second half of the bottle of Gastrografin (50mls) – as above.

THE MORNING OF YOUR SCAN

DO NOT EAT. You may drink water or clear sugary drinks.

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.

HINTS AND TIPS

- Sip gastrografin slowly and use a straw to drink it.
- Make up each dose in advance and refrigerate it. This will ensure the solution is cold when you are due to take it.
- Stir the solution well before drinking.

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. Children will **not** be permitted into the examination room. ☐

SECTION 9

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.

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 scan or you can call us on the numbers below and ask to speak to a radiographer (Monday to Friday 9am to 4pm), 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 02895042655, 02895041120 or 08295044610.**

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: <https://belfasttrust.hscni.net/contact-us/compliments-and-complaints/feedback-form/>



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؟

2 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 **028 9615 8900** / 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 [028 9615 8900](tel:02896158900)/ 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 [028 9615 8900](tel:02896158900)/ MPHAdminFOH@belfasttrust.hscni.net, 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 número ka enderesu e-mail [028 9615 8900](tel:02896158900)/ MPHAdminFOH@belfasttrust.hscni.net, no ami sei halo esforsu tomak atu kumpre Ita-nia nesesidade sira.