

Preparation for CT colonography

Patient information

This patient information sheet should answer any questions you have about your procedure. If you still have questions after reading this, you can visit the Diagnostics section of our website www.theholly.com, telephone the Diagnostic Centre on 020 8936 1202 or email diagnostics@theholly.com

What is a CT colonography?

CT colonography is a medical imaging procedure which uses x-rays and computers to produce two or three dimensional images of the colon (large intestine), from the rectum all the way to the small intestine, as well as all the major organs in the abdomen.

This examination involves you lying on the CT couch and a small tube being placed into the anus. Carbon dioxide is passed through this tube until the bowel is reasonably distended. In order to relax the muscles of the bowel and reduce any discomfort you may feel, we may give you an injection at the beginning of the examination. This usually involves a thin tube called a cannula being inserted into a vein in the arm. Additionally, you may be given an injection of x-ray dye, known as contrast media, during the scan to help visualise your organs and blood vessels.

Please note that patients over the age of 65 and those with certain medical conditions may be asked to have a blood test in advance of this procedure.

For the examination to be successful please follow the two-day diet instructions exactly, so that your bowel is thoroughly cleansed.

On completion of the examination, you will be advised to maintain a good fluid intake for the rest of the day and resume your normal diet.

A Consultant Radiologist will analyse your scan and forward a report to your referring Consultant. Please ensure you book a follow up appointment with your Consultant to discuss your results.

Please inform the Diagnostics Centre if you are diabetic or if you suffer with any allergies or medical conditions.

Please take all essential medicines as usual.

Note: you will need to stay close to a toilet at all times.

You will be given two sachets of picolax laxative and a 100ml bottle of gastrografin. These are used to cleanse and prepare the bowel. The solution should be prepared as follows and taken at the times indicated in the diet plan on the day before the examination (see overleaf):

Mix one sachet of Picolax with four dessertspoons of water. The solution will get hot. Wait for five minutes and add more cold water and 50ml of the gastrografin to make up one quarter pint of fluid overall.

Do not take any bran or iron tablets for seven days prior to the examination.

Red meat, fruits or vegetables and high fibre foods, such as whole wheat bread or cereals, must be avoided.

Important information for patients paying for their own treatment

We respectfully request that your account is settled either by insurance authorisation or payment at the time of your appointment. A fee may be charged for non-attendance or if less than 24 hours notice is given to cancel an appointment.

Further information

Please do not hesitate to contact us if you have any further queries. You can telephone the Diagnostic Centre on 020 8936 1202 or email diagnostics@theholly.com. Alternatively you can visit the Diagnostics section of our website www.theholly.com

If you would like a copy of this information in large print or an alternative language, please call 020 8936 1214.

Please note we are unable to provide child care facilities during your examination and in most cases children will be unable to accompany you into the examination rooms.

Diet plan

Two days before your examination.

Breakfast (8.00 to 9.00am)

Breakfast should be limited to a boiled or poached egg and/or white bread.

A scraping of butter or margarine is allowed, but no jam or marmalade.

Coffee or tea.

Lunch (12.00 to 1.30pm)

A small portion of steamed, poached or grilled white fish or chicken may be taken with a small portion of boiled potato OR white bread.

Clear jelly may be taken as dessert.

Supper (7.00 to 9.00pm)

Lean white meat, fish or eggs accompanied by a small portion of boiled potato OR white bread.

Clear soup (meat or fish) or cheeses are also acceptable to eat.

Clear jelly may be taken as dessert.

Mid-morning, mid-afternoon and before bedtime you may have a drink of tea, coffee or herbal tea with plain biscuits.

The day before your examination.

Breakfast (8.00 to 9.00am)

Breakfast should be limited to a boiled or poached egg and/or white bread.
No butter, jam or marmalade.

Coffee or tea - **No milk**

Drink the first dose of the laxative solution at 9.00am.

Lunch (12.00 to 1.30pm)

A small portion of grilled white fish or chicken may be taken with a small portion of boiled potato OR white bread.

Clear jelly may be taken as dessert.

Drink the second dose of the laxative solution at 5.00pm.

Supper (7.00 to 9.00pm)

A similar serving as lunch.

No solid food is allowed on the day until after the examination but you can have clear soup or meat extract drink or boiled sweets

Continue to take clear fluids until bowel movements have ceased.

You are encouraged to keep well hydrated with plenty of water.

Call: 020 8505 3311 (Main Switchboard)

Call: 020 8936 1202 (Diagnostic Centre)

Email: diagnostics@theholly.com

Visit: theholly.com

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