

CT Scan Department
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN
Tel. 01942 822368

Preparation for your CT Colonography Examination

Patient Information

***Do not take this medication until
you have received your
appointment details.***

Your appointment is on a (staff to complete)

Please refer to your appointment letter for the exact date and time.

Note to Staff: please complete day on pages 5, 6 and 7.



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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Preparation for your CT Colonography appointment

There are 2 parts to this information leaflet.

Part 1 tells you about Gastrografin, the special liquid that you need to take before your examination which will clear your bowel.

Part 2 tells you how to take it and the special diet instructions you need to follow.

Please read both sections of the leaflet completely and follow the instructions in order to prepare your large bowel for the test. If you do not follow these special instructions fully, we may not be able to perform the test.

PART 1 - Gastrografin

What is Gastrografin and why do I need to take it?

Your doctor has arranged for you to have a CT Colonography examination, which is a CT scan of the large bowel.

In order to see the inside of your bowel clearly, we ask you to drink a special liquid called Gastrografin. It makes the CT pictures of your bowel clearer; by emptying your bowel and highlighting any leftover faecal residue. Gastrografin is a contrast medium (a dye) which contains iodine.

Please contact the CT scan department if you are allergic to iodine or have difficulty swallowing liquids.

Does Gastrografin have any side effects?

All drugs may have some side effects. Most people who receive Gastrografin experience few side effects. **Gastrografin often has laxative effects and may cause diarrhoea, so it is advisable to stay close to a toilet.**

It is important to take note of any new symptoms you experience after starting the preparation. If you are concerned, please telephone the number on your appointment letter to speak to a member of the CT Team.

In some cases Gastrografin can also cause nausea and vomiting, skin rashes and very rarely anaphylactic/allergic reaction. If you are concerned that you may be experiencing an allergic reaction, please contact your GP or A&E department for advice.

Can I take any other medications along with Gastrografin?

Unless taking any of the medication mentioned below, you should continue to take your regular medicines as prescribed by your doctor unless you are advised otherwise by this leaflet, a medical professional, or a member of the CT Team. This includes all diabetic medications.

Iron tablets Please stop taking iron tablets 7 days before your scan.

Interleukin-2 If you are taking Interleukin-2 or have done within the last several weeks, then please telephone the Radiology department and let us know the last date you took this medicine.

Beta-blockers If you are taking beta-blockers, you can continue taking them. Please be aware that taking beta-blockers can aggravate any hypersensitivity or allergic type reaction. If you are concerned, you may be experiencing any allergic reactions please contact your GP or A&E department for advice.

Metformin If you are diabetic on metformin, please inform a member of the CT Team who will check you have recent blood results and advise if you need to stop taking metformin.

Insulin Continue taking your insulin throughout the preparation for this test. On Day 2 of the diet you should reduce your insulin dose by half unless otherwise instructed by your GP. Please closely monitor your blood sugars throughout the preparation leading up to your appointment.

Is there any situation when I should not take Gastrografin?

Allergy/hypersensitivity to contrast media If you are hypersensitive or allergic to iodine-containing contrast media ("x-ray dye"), then you should not take Gastrografin. Please contact the CT scan department for further instructions or advice.

Pregnancy If you are pregnant or think you might be pregnant, please contact the CT scan department on the telephone number on your appointment letter.

Thyroid disorders If you are having tests or taking thyrotrophic radioisotopes for thyroid disorders, Gastrografin may make any tests or treatment less effective for up to several weeks. Always tell your doctor that you have had Gastrografin recently. If you have Hyperthyroidism (over active Thyroid) or Grave's Disease, then you should not take Gastrografin. Please contact the CT Department for further instructions and advice.

Caution

Keep all tablets and medicines out of reach of children. Never give any medicine prescribed for you to anyone else

PART 2 – Taking Gastrografin and Dietary Instructions

What you have to eat before the test will improve the performance of the bowel preparation and the diagnostic accuracy of the procedure. This preparation will start two days before your appointment. On the first day you will follow a low fibre diet for breakfast and lunch, after this you are asked to not eat any solid foods until after your appointment.

Do not start to take this medication until you receive your CT colonography appointment. If you are a diabetic, please telephone us on **01942 822368** to tell us before starting any preparation.

Day 1 (staff to complete) – Two days before the CT Colonography appointment:

You can eat low fibre foods including the following:

Milk (2 cups a day), plain yoghurt, cheese, butter, margarine.
White fish (not battered), chicken: boiled/steamed/grilled
Eggs, Tofu
White Pasta, white rice
White bread, white pitta, white flour chapattis
Potatoes with no skin e.g. mashed, boiled, chipped
Smooth soups (no solid bits e.g. sieved chicken noodles, tomato), Bovril, Oxo
Clear jelly, boiled sweets, ice cream, chocolate, (no fruit or nut pieces)
Salt, pepper, sugar, sweeteners and honey.

Have plenty to drink during the day including tea, coffee, squash, fizzy drinks, water and clear fruit juices (e.g. apple, grape, and cranberry)

Do not eat high fibre foods such as:

Red meats, pink fish (e.g. salmon)
Fruit, vegetables, salad, mushrooms, sweetcorn
Cereals, nuts, seeds, pips, bran, beans, lentils
Brown bread, brown or wild rice, brown pasta, pickles, chutney

Suggested Meals for Day 1 (staff to complete) could include, for example:

Breakfast: White bread/toast with butter and honey
Boiled or poached egg

Lunch: Grilled fish or chicken with white rice and boiled potatoes (no skin)
Scrambled eggs on white toast
Vanilla ice cream

After Lunch: **Do not eat any more solid food** until after your scan. You can still have smooth soups, jelly, ice cream, custard, complan drinks, Bovril, Oxo and water, clear juices, fizzy drinks, coffee and tea

At 7:00pm drink half of the bottle of Gastrografin (50mls) – you can mix it with an equal amount of water and some cordial.

Day 2 (staff to complete) – The day before the CT Colonography appointment

Do not eat any solid food.

You can still have:

Smooth soups, jelly, ice cream, custard

Complan drinks, Bovril, Oxo

Water, clear juices, fizzy drinks, coffee and tea.

Drink as much tea or water as you like but drink at least ¼ of a pint (150mls) of fluid every hour on the hour during the daytime.

Diabetic Patients

Take your insulin/Diabetic tablets with any of the non-solid foods listed above, but reduce your insulin dose by half unless told otherwise by your GP. Continue taking Diabetic tablets unless advised to stop by the CT Scanning Department.

As a diabetic you are at an increased risk of having a 'hypo' (low blood sugar) when not eating for a length of time. Symptoms include sweating, shakiness, blurred vision, light-headedness. To avoid this we recommend you follow the instructions below:

- Make sure you have glucose drinks/glucose tablets regularly (i.e. 100mls every 2hrs). These include Lucozade, fizzy drinks, clear fruit juices (but not diet or sugar free versions).
- Closely monitor your blood sugar on this day if you are able.

If you are concerned about the preparation for your test, please contact your GP.

At 7pm drink the remaining half of the bottle of Gastrografin (50mls) – you can mix it with an equal amount of water and some cordial.

Day 3 (staff to complete) – The day of the CT Colonography appointment:

Do not eat any solid food. You may drink water or clear sugary drinks.

You will be in the Radiology Department for approximately one to one and a half hours.

You may require an injection into a vein in your arm during the scan.

Please refer to the accompanying leaflet '**Having a CT Colonography**' for further information about the scan itself.

Diabetic Patients

Do not take Insulin/Diabetic tablets before your test.

Closely monitor your blood sugar if you are able.

You can continue drinking plenty of fluids right up to the procedure. Make sure you have glucose drinks/glucose tablets regularly (i.e. 100mls glucose drinks every 2hrs).

Bring your Insulin/Diabetic tablets and some food with you to the hospital, to have after the procedure if needed.

After the procedure

You will need to wait in the Department for approximately 20 minutes after your examination.

You can return to your normal eating and drinking pattern. We recommend that you drink plenty of fluids for the following 2-3 days.

Although the carbon dioxide used to inflate your bowel is absorbed quite quickly following the procedure some minor abdominal discomfort may remain for 1-2 hours. Returning to your normal diet and moving around will help to ease any remaining discomfort.

However please seek urgent medical advice (your GP or Accident and Emergency out of hours) if you experience any of the following symptoms over the next 4 days:

1. Severe abdominal pain
2. Increasingly painful abdominal discomfort
3. Sweating and nausea
4. Feeling generally unwell

You may have been given an injection, used to relax the muscles in the bowel wall during your examination. Blurring of your vision/dizziness can be a side effect of this injection, although, this side effect is short lived, usually 30 minutes. If you do experience blurring, please make sure your vision has returned to normal before driving.

Very rarely some people can develop painful/ red eyes with loss of vision after this test, as this injection may aggravate an underlying condition called glaucoma, if so you are advised to seek medical help.

How to contact us?

If you have any questions, concerns or you need any further information, please contact the CT Scan Department on **01942 822368** (Mon – Fri 8.30am-5pm) or **01942 778670** (Mon – Fri 5pm-8pm, Sat – Sun 9.30am – 4.30pm).

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust
Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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