

# Instructions for Reduced Preparation CT Colonography

It is most important that you carry out the following instructions because your bowel needs to be as clear as possible before the scan. If it is not, the examination may have to be repeated. If you have any queries about the test please contact the X-ray Department on (01225) 825989.

Do not stop taking regular medication, particularly heart drugs and steroids.

Diabetics on tablets or insulin please contact your practice nurse for advice.

If you are diabetic taking **Metformin**, we will need to know whether your kidney function is **normal or abnormal** before we can do your scan. Please can you obtain this information from your GP or specialist. If your kidney function is abnormal, the radiographer may tell you to stop your Metformin for 48 hours after the scan and instruct you to have your kidney function checked again before recommencing the Metformin.

## Gastrografin

You should have received a bottle of Gastrografin to take as below.

Do **not** take the Gastrografin if you have:

- previously had an allergic reaction to intravenous contrast (x-ray dye injection)
- difficulty in swallowing
- an over active thyroid or Grave's disease

If so, please contact us on (01225) 825989.

Picolax and Gastrografin are strong laxatives and will cause diarrhoea. It is advisable to stay within easy reach of a toilet once you have taken them.

For female patients: If there is any chance of being pregnant please notify the department. If you take oral contraceptives the diarrhoea may reduce their effectiveness. Continue taking the oral contraceptives but use other precautions for the remainder of that cycle.

### Three days before your scan:

Stop taking iron tablets, bran or ispaghula (i.e. Fybogel® or Isogel®) if you take these.

### The day before your scan:

**Do not eat any solid food.** From now on, you may only take **fluids** including clear soups (e.g. strained chicken noodle soup, vegetable Bouillon), jelly, ice cream, custard, Complian drinks, Bovril and Oxo drinks, and water, squash, fizzy drinks, strained fruit juice, tea, coffee, Ovaltine, Drinking Chocolate, Horlicks

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

At 8am: Drink half the bottle (50mls) of **Gastrografin** mixed with an equal amount of water. It may be flavoured with clear fruit juice or cordial.

At 4pm: Drink the second half of the bottle (50mls) of **Gastrografin** as above.

Remember to drink as much clear fluid as possible throughout the daytime.

### On the day of your scan:

**Do not eat any solid food** but continue to drink plenty of **clear fluids (no milk)** until about 2 hours before your examination.

You may wish to bring a dressing gown or coat with you.

Please do not wear items of jewellery, as they may need to be removed prior to the CT scan.

### After your examination:

You can eat normally when you have left the department. You may be in the x-ray department for up to 1 hour.

### Further Information

If you have any queries about the diet, are on a special diet or are unsure about taking the medicines, please contact your GP or the X-ray Department on 01225 825989.

Appointments will only be changed in cases of emergency.

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net) or telephone 01225 825656.