

Instructions for a Standard Full 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 restarting 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.

Two days before your scan:

For the two days before your appointment eat only foods listed in the dietary instructions attached. If you have any queries about the diet, or if you are on a special diet, or you are unsure whether or not to take any medicines, contact the X-ray Department on the above number or your own doctor (GP).

Drink as much water as you like.

On the day before your scan:

Drink plenty of **clear fluids** today

Before Breakfast: Take one of the sachets of Picolax provided and mix the powder with 150 mL (approximately half a glass) of cold water in a glass. The solution will become hot. If it solidifies just add a little more water. Stir very well and allow to cool before drinking. Drink the entire mixture including any sediment.

At 8am: Take 50mls (half a bottle) of Gastrografin mixed with an equal amount of water. You may flavour it with clear fruit juice or cordial. Take together with a light breakfast [**select foods from the attached diet sheet**].

From now on, you may only take **clear fluids** and **no solid food** at all except boiled sweets and peppermints.

At 4pm: Take the second 50mls (the remaining half a bottle) of Gastrografin as above. Drink as much clear fluid as possible - at least half a pint of fluids every 2 hours during 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 scan:

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 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.

Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

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 or telephone 01225 825656.