

Next-Day CT Colonography

**Information for patients following
an incomplete colonoscopy**



Why are we carrying out this test?

Unfortunately, your Endoscopist was unable to see all of your colon, this may be due to:

- A tight angle/narrowing of your colon
- Excessive pain/discomfort

A CT colon is an alternative test that will allow us to see the rest of your bowel.

In order for you not to have to have another dose of full laxatives, we can perform this procedure tomorrow morning in the Radiology department.

Appointment details:

Appointment Date:

Appointment Time:

Site:..... Location: (Radiology)

What is CT colonography and what to expect?

This is an alternative exam to an endoscopy: it is a scan of your bowel using a CT scanner.

A CT scanner is a doughnut shaped camera (please see cover photo) that uses x-rays to produce detailed pictures of your body.

The evening before the scan, we need to give you a x-ray dye drink (Omnipaque) which will coat and highlight any remaining faecal residue (called faecal tagging) in order for the CT scan to be more accurate. This may give some further diarrhoea,

In order to clearly see the inside of your bowel, we need to insert a very small soft tube a very short distance into your back passage. Through this we will introduce carbon dioxide (CO₂) gas which can result in mild abdominal discomfort and bloating, which will ease significantly within half an hour after the test. We will ask you to turn in two different positions during the test. We will adapt around any mobility issues you may have.

What do I need to do before for a next-day scan?

To carry out a **next-day** CT colonography we need you to follow the bowel preparation and dietary instructions as seen below:

Please choose from the following low fibre diet options below with the following times:

Between 12-6pm you can have	A small portion of steamed, poached, or grilled white fish or chicken. Alternatively, tofu. Other options: Small portion of boiled potato (two egg sized)/two slices of white bread/butter/margarine/smooth peanut butter. Or clear strained soup/Jelly NO MORE SOLID FOOD AFTER 6PM
Evening 8pm	Add 50mls Omnipaque with water or squash. Try to drink this within 30 minutes of mixing.

You can drink as much water/tea/coffee as you would like (but please limit the milk intake as this can affect the scan).

During the scan

1. We will run through a safety questionnaire with you.
2. When in the CT scanner, we will insert the soft tube, introduce the gas (CO₂) to inflate your bowel.
3. We will take two different views in two different positions.
The machine will guide you with your breathing.
4. If it is appropriate, we will give you an injection of Buscopan which can help to relax your bowel.
5. Sometimes we may offer you an injection of x-ray contrast dye (Omnipaque). If this is required, we will discuss it with you.

The scan will take **approximately 30 minutes**.

What are the risks?

1. Contrast dye drink. This contains iodine, which can cause an allergic reaction in a few people. We reduce this risk as much as possible by filling out a safety questionnaire with you. Signs of a reaction include raised itchy skin rash (hives), wheezing, chest tightness, swollen lips, tongue, eyes or face, itchy watery eyes. It is important to inform the radiographers if you have had any previous reactions to medicines in the past.
2. Due to placing the bowel under some pressure from the gas, there is a small risk of perforating (causing a small hole) your bowel: this happens in about 1 in every 3000 scans. All scans are checked before you leave the department although if any symptoms (as discussed with the radiographer at the time of the questionnaire) occur over the next couple of days, a leaflet will be given explaining what to look-out-for and who to contact.
3. An exposure to x-ray radiation. This is kept as low as possible however your doctor feels the benefits are greater than the risk of not having the examination.

If an injection of Buscopan or contrast dye has been given, these have small risks that will be discussed with you at the time of the questionnaire.

The benefits and risks of having a CT scan will always be weighed up by your doctors and the specialist in radiology before your CT scan, to ensure that this is the best procedure for you to have to diagnose (or treat) your symptoms.

What happens after my scan?

You can go home after the scan as soon as you are feeling well enough to do so.

You may have some diarrhoea for the next day or so – this should settle down over time.

The images will be looked at, and a report will be sent back to the referrer within the Endoscopy department. They will inform you of the results, which can take a few working days.

Useful information

Further information about CT scans is available on the following websites:

Society of Radiographers

www.collegeofradiographers.ac.uk/Patient-Advisory-Group/Patient-support-and-information-network/Patient-information

NHS choices

www.nhs.uk/tests-and-treatments/ct-scan

OUH NHS Foundation Trust

www.ouh.nhs.uk

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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