

INFORMATION ABOUT CT COLONOSCOPY

(Citrafleet/Picolax &/or Gastrografin 100ml)

You should be contacted by Derriford CT appointments within 4 working days with an appointment for your CT and to confirm the diet you require for your test. Please contact CT appointments on **01752 437182 / 437183** if you have not received an appointment within 4 working days. Please let us know immediately if you are unable to attend so your appointment slot can be offered to another person and not wasted.

What is a CT Colonoscopy (Virtual Colonoscopy)?

This is a CT X-ray of the large bowel and abdomen and not a colonoscopy.

You will be asked to lie on the CT table for approximately 20 minutes. During the scan you will be required to have an injection, in your arm, of X-ray dye and Buscopan (bowel relaxant). A very small short tube will be inserted into the rectum (back passage) by a specialist radiographer.

Carbon dioxide will be introduced through the tube to dilate the bowel; this will make you feel full and bloated. You will usually be X-rayed whilst laying on your back and front.

After the exam, the carbon dioxide will be absorbed by your body and let out through the tube back into a bag. You will then be taken to a private toilet with washing and changing facilities. Once changed you will be offered a warm drink and can leave when you feel ready.

Preparation before your CT Colonography (Please Ignore packet instructions)

In order to achieve a successful examination, your large bowel must be **correctly prepared**. You will be asked to take some X-ray laxative/dye (Citrafleet/Picolax and/or Gastrografin), and follow a special diet detailed on the **Patient Diet Information for CT Colonography** sheet. The diet starts two days before your examination, so please familiarise yourself with it now. The X-ray laxative/dye will produce frequent and very loose bowel movements and **you will need to stay near a toilet**. Try using a **barrier cream** if you become sore as a result of the laxative. Occasionally the medicine may still be working on the day of the exam. This is quite normal – please do not cancel your exam. It is also very important to have plenty of drinks, to replace lost fluid. You should try to drink a glass of water (250ml) or other clear fluid every hour whilst the effects persist. This will help prevent dehydration and headaches.

In the two days before the examinations whilst following the special diet, please continue to take any medication prescribed by your doctor **except** any medicines designed to make you less constipated e.g. Fybogel. If you wish to discuss how to manage your medication, before or after your appointment, please contact Medicines Information on **01752 439976**.

What if I have Diabetes?

It is essential that you maintain your correct blood glucose level throughout the diet. Test your blood glucose level regularly. If you wish to discuss how to manage your diabetes before or after your appointment please contact the Diabetes Specialist Nurse on **01752 792962**.

You should also receive an **early morning appointment** and if you have not, please ring the CT Appointments Clerk on **01752 437182 / 437183**

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Before you take Citrafleet or Picolax (only if receive or instructed)

Citrafleet and Picolax are very strong medicines which contain substances that increase the activity of the bowel and acts as a bowel washout. Caution should be taken with certain medical conditions. Your Doctor will consider any relevant conditions you may have before prescribing you this medicine i.e.

- Any abdominal problems.
- Kidney disease.
- Inflammatory bowel disease.
- If you are pregnant or breast feeding.
- If you are taking medication for heart problems, kidney problems or steroids.
- If you have a known allergy to Citrafleet or Picolax or any of its ingredients.

Are there any risks?

- A CT colonography examination is a very safe examination but it does carry certain risks. There is a very small risk that the examination may cause a small hole in the bowel (a perforation). The risk is very low with no reported ill effects for this test.
- There is a small risk of aggravating glaucoma or certain heart conditions with a Buscopan injection (necessary to relax the bowel). You will be asked about relevant medical history before your examination.
- You will be given an intravenous iodine based X-ray dye during the test. You will be asked relevant medical questions before your test.
- Take no more Citrafleet or Picolax and contact your doctor if you suffer any side effects (which are rare) such as feeling faint or vomiting.
- During the examination we keep the level of x-rays to a minimum. You will receive a limited amount of radiation roughly equivalent to the amount we all receive naturally from the background radiation over a 3 year period.

Despite these small risks, your doctor has recommended that you have the examination. Please remember that the risks from missing a serious bowel problem by **not** having the examination will be much greater.

Women of childbearing age

You **must not** be pregnant at the time of your examination. You may be asked to take sign a disclaimer before your exam. Telephone CT Appointments, X-Ray East, on **01752 437182 / 437183** if you think there is a chance you may be pregnant.

What should I do after my examination?

Eat and drink normally.

The results from the study will be sent to the doctor who asked for the examination. Please do not ring the X-Ray department for your results.

This leaflet is also available in large print and can be translated into another language if needed contact: 01752 437182/437183

