



CT COLONOSCOPY

How to prepare for your scan

Preparation for the scan:

- **Fast:** 2 hours before.
- **Diet:** Avoid roughage (see below for a list of foods you can eat) two days before your scan.
- **Hydration:** Drink plenty of water (or clear liquids) on the day of your scan.
- **Clothing:** Please wear comfortable clothing however you will be changed into a gown prior to the scan.
- **Appointment:** Please collect the Gastrografin prep two days before your scan.
 - **Two days before the scan:** At 5-6pm take the **FIRST** dose of 50ml of Gastrografin (half the bottle) mixed with 50 ml of water or squash.
 - **One day before the scan:** At 5-6pm take the **SECOND** dose of Gastrografin 50ml mixed with water or squash.

Diet

We ask that you avoid roughage (bran, brown bread, vegetables and fresh fruit) in your diet and stop iron tablets for the 2 days before the scan.

Acceptable foods to eat:

- White bread
- Seedless jams and spreads
- Plain cereals (not muesli or bran etc)
- Boiled/poached eggs
- Tea/coffee/soft drinks (avoid milk if possible)
- Clear soups
- White fish
- Lean skinless chicken
- Plain biscuit

Please read below for our FAQs.

Please take a moment to review our frequently asked questions for additional information. If you have any queries not addressed here, feel free to reach out to our team for assistance.



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What is CT colonoscopy?

A CT (Computed Tomography) scan is a specialist test using X-rays to create cross-sectional images throughout the body. The purpose of a CT Pneumocolon is to visualise the large bowel. It is an alternative to direct colonoscopy. During the test, we inflate the bowel with gas through a thin tube that is placed in the back passage. you will be asked to lie on your side, a soft catheter will be introduced into your back passage and a small balloon will be inflated to hold it in place. A special machine will slowly inflate your large bowel with Carbon Dioxide; this can make you feel bloated and full of wind.

How long will the appointment take?

The scan will usually last approximately 30 minutes.

Are CT scans safe?

CT scans involve the use of X-rays, which can result in exposure to radiation. Nevertheless, our scanner adheres to the highest standards of radiation safety, utilising the lowest possible radiation dose to capture images. The advantages of undergoing a CT scan far outweigh the minimal associated health risks. These benefits encompass heightened accuracy and early detection, even for the tiniest irregularities. Your doctor has carefully considered the balance of risks and benefits before recommending this scan for you. Please note that CT scans are not suitable for pregnant women; therefore, it is crucial to inform us if you are pregnant or suspect that you might be.

Will I need an injection?

In certain cases, a contrast injection might be necessary to enhance image clarity, especially for body parts with naturally low contrast. This contrast solution, a specialised liquid, highlights bodily tissues, aiding in the identification of subtle differences or diseases. The injection is administered through a small tube, known as a cannula, placed in your arm. While allergic reactions to contrast are uncommon, if you experience any discomfort or feel unwell during the scan, please inform the radiographer promptly. You may also be given an injection of Buscopan via the cannula to help prevent spasms in the bowel.



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Frequently Asked Questions

What happens after my scan?

Once you feel comfortable, you're welcome to leave the department. You can resume your regular eating and drinking habits as usual; however, we recommend beginning with a light meal. Typically, you shouldn't encounter any lingering effects from the procedure, given that carbon dioxide is rapidly absorbed by your body. In the unlikely event that you experience significant abdominal pain, prolonged discomfort, redness, or pain in your eyes, we advise you to promptly reach out to your own GP or the medical specialist who referred you. When communicating your symptoms, please specify that you recently underwent a CT procedure involving the intravenous administration of iodine contrast and Buscopan.

Any other questions?

If you have any additional questions, concerns, or uncertainties, don't hesitate to approach any of our staff members. Your comfort and peace of mind are our top priorities.