

Having a CT scan of your large bowel (CT colonogram) - for patients with allergy to iodine or Bisacodyl (Dulcolax)

Department of Radiology

Information for Patients

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Introduction

Please read your appointment letter carefully to check which hospital your appointment is at. This leaflet tells you about your examination. Please read it carefully as it contains important information and instructions.

Contact details for the radiology department are on your appointment letter and the end of this leaflet.

What is a CT colonogram?

A CT scan is an X-ray examination that gives much more information than a normal X-ray. It produces detailed images of your organs and blood vessels.

A CT colonogram looks at the large bowel (colon). It is an alternative test to a colonoscopy (camera test).

Some patients may need both a colonoscopy and the CT scan.

Important information for patients who are able to get pregnant

The CT scan uses X-rays. If there is any chance that you may be pregnant, please contact the Radiology Department as soon as possible.

For patients who have menstrual periods and are aged 10 to 55 this examination must be done within 10 days of the start of your period unless there is no chance that you could be pregnant. If your appointment is outside the 10 days please contact the Radiology Department to rebook your scan.

At your appointment, you will be asked to confirm the first day of your last period before the examination starts. Please bring this information with you.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

If you have any special requirements

If you need an interpreter, or if you have any special requirements please contact the Radiology Department for more information.

Important information for patients with diabetes

This leaflet includes specific information for people with diabetes who may be on insulin and/ or tablets.

Before your scan you may need to change your diabetes medication.

If you have diabetes please contact your normal diabetes care provider. They will be able to give advice on managing your medication for this scan.

If you have diabetes you should have a morning appointment. If you have not, please contact the Radiology Department on 0116 258 8765. It may be that we are not aware that you have diabetes.

Please follow the preparation instructions on pages 4 and 5 including those in grey.

- If you are taking diabetes medication you may be at an higher risk of having a 'hypo' (low blood glucose) when you follow the eating and drinking instructions before this test.
- Symptoms of a hypo include sweating, shakiness, blurred visions, light-headedness.
- To avoid this we recommend you follow the instructions in the table on pages 4 and 5. **Please regularly check your blood glucose. Please make sure you have extra glucose drinks/ glucose tablets at home.**
- Examples of suitable glucose drinks include Lucozade, fizzy drinks and clear fruit juices. This does not include diet or non-sugar versions.

How do I get ready for the scan?

Please read the instructions on pages 4 and 5. This tells you how to get ready for your scan.

You will need to change what you eat and drink for the 2 days before the scan. The instructions may vary depending on the medication our specialist nurse or doctor will prescribe to you because of your allergy to iodine and/or bisacodyl (Dulcolax).

Make sure you take the medication prescribed to you on time and follow the diet as directed.

- The medication prescribed is a laxative and makes you poo more to clear your bowel. This makes the inside of your bowel show up better on the scan pictures.

Important safety information

You may have an injection of a colourless liquid called contrast liquid for your scan. This has iodine in it. It is removed from your body by your kidneys in your pee (urine) or at your routine dialysis if you have dialysis.

Please tell the staff when you arrive if:

- **You are allergic to rubber (latex)**, have any other allergies or have asthma.
 - **Please note: If you tell us you are allergic to iodine**, you will not have the injection that some patients have as part of the scan.
 - If you are allergic to Bisacodyl without allergy to iodine, you may have the injection.
- **You are on kidney (renal) dialysis or have any problems with your kidneys.**
- **You have diabetes.**

Some patients get a warm feeling and a metallic taste when the injection is given and sometimes may feel sick. If you do get these feelings they usually last about 1 minute. Please let the staff who are with you know if you get these feelings. Some patients will also have the feeling that they are passing urine but they are not actually doing so. This is also normal.

Advice about the medication

Needing to go to the toilet more:

Taking these medications may make you poo (open your bowels) more often and it may be more watery (diarrhoea). You should make sure that you have easy access to a toilet on the day before the scan and on the morning of the scan before you come to hospital. The diarrhoea can be quite bad.

Do not worry if you have not been to the toilet often. The test can still be done.

Birth control (contraceptive) pill:

If you take the oral contraceptive pill, sometimes does not work because of the diarrhoea caused by the medication.

You should take other precautions for the rest of your menstrual cycle if you want to keep your chance of getting pregnant as low as possible.

Instructions on how to get ready for your CT colonogram

<p>3 days before your scan</p>	<p>Stop any iron or anti-diarrhoea tablets you may be taking.</p> <p>Continue all other medication until you come for your scan.</p> <p>Stop eating high fibre foods including bran, bran-containing cereal, brown bread, brown rice, whole-wheat pasta, fruit and vegetables.</p> <p>Food you can have: White rice, white bread, white pasta, boiled or poached eggs, cream sauces, fish, chicken, thin soups, cheese, jellies, ice-cream and powder based desserts such as custard or plain lassi.</p> <p>Drink plenty of clear fluids such as water, clear soups, strained fruit juice (without pulp), drinks made with beef and yeast extracts, squash, and tea and coffee with a small amount of milk only.</p> <p>Follow every instruction in the pack delivered/given to you by our specialist nurse or doctor.</p>
<p>2 days before your scan</p>	<p>Continue on low fibre foods and drink plenty of fluids as stated above and follow instructions as above.</p>
<p>The day before your scan</p>	<p>Follow the diet instructions in the pack delivered to you.</p> <p>Take the medication prescribed and delivered to you by our specialist nurse or doctor as directed.</p> <p>Please follow the morning (AM) appointment instructions (regime) in the pack delivered to you. Ignore the afternoon appointment regime.</p> <p>If you routinely take laxatives, stop taking them. Do not take them again until after the scan.</p> <p>If you have diabetes:</p> <ul style="list-style-type: none"> • You can continue drinking plenty of fluids and have glucose drinks as meal replacements. • If you are on insulin, reduce your insulin dose accordingly. Please follow the instructions on pages 6 and 7. • If you are on diabetes tablets, please follow the instructions on page 8. • Check your blood glucose if you are able to. • For more advise, please, contact your diabetes care provider.

<p>On the day of your scan</p>	<p>Do not eat any solid food.</p> <p>You may drink water or clear sugary drinks such as squash or cordial, tea and coffee with little milk.</p> <p>You can take any medication that you usually take (except any laxatives)</p>
	<p>If you have diabetes:</p> <p>Morning of the appointment</p> <ul style="list-style-type: none"> • Do not take insulin/ diabetic tablets. • Re-check blood glucose before arrival at hospital. • You can continue drinking plenty of fluids right up to the procedure. Make sure you have glucose drinks with you. • Bring your insulin/ diabetic tablets and a snack/ drink with you to the hospital to have after the procedure if needed. • After the scan re-check your blood glucose. Take your diabetes medication after the scan and when eating.
<p>After the appointment - all patients</p>	<ul style="list-style-type: none"> • Eat normally, but continue to drink plenty of fluids for the next 2 days. • Take all medications as normal, unless advised otherwise during the appointment.

What do I do on the day of my scan?

- Check the table above for your eating and drinking instructions today.
- If you have diabetes, check the instructions on pages 6, 7 and 8.
- **Bring with you a list of your medications, allergies and medical problems.** This will help us if we need to give you any medications during your scan. The radiographer doing your scan will ask you if you have any allergies, diabetes or any heart problems.
- **You may want to bring something to eat and drink** to have after the scan. This may be a good idea if you have diabetes or if you need to wait for ambulance transport to take you home.

Advice for patients who take insulin to control diabetes

Checking your blood sugar

On the day before and on the day of the procedure, please check your blood glucose at least 4 times a day (before meals and at bedtime). This is to check for a 'hypo' you may not be aware of.

What to do the day before your scan

- Have a normal breakfast.
- You must **not** eat any more food until after your procedure. Drink plenty of clear fluids such as water, clear soups, strained fruit juice (without pulp), drinks made with beef and yeast extracts, squash, and tea and coffee with a small amount of milk only.
- Check your blood sugar levels on a regular basis.
- You should have sugary drinks if you need them to treat or avoid a 'hypo'.
- Take the bowel preparation as instructed in the bowel preparation sheet in your pack.
- Before bed, measure your blood glucose. If it is less than 7mmol/L, drink 250ml of a full-sugar fizzy drink before bed to reduce the risk of having a 'hypo' in the night.

How to take your insulin the day before your scan

- If you normally have **insulin injections 2 times a day**, take your normal dose of morning insulin with breakfast. Reduce your evening dose by a third. For example, if you take 12 units reduce it to 8 units.
- If you normally have **insulin injections more than 2 times a day**, take your normal dose of short-acting insulin such as Actrapid, Novarapid or Humalog with breakfast. Reduce your dose of long-acting insulin such as Insulatard, Humulin, glargine (Lantus) or detemir (Levemir) by a third. For example, if you take 12 units reduce it to 8 units.
- If you normally have **1 long-acting injection of insulin a day in the evening**, reduce the dose by a third. For example, if you take 12 units reduce it to 8 units.
- If you normally have **1 long-acting injection of insulin a day in the morning**, have this as usual the day before your scan.
- If you are on any other insulin regime or are not sure what to do, contact your usual diabetes care provider.

What to do on the day of your scan

How to take your insulin on the day of your scan

- If you normally have **insulin injections 2 times a day**, miss out your morning dose. Drink 250ml (just less than half a pint) of a full-sugar fizzy drink at breakfast.
- If you normally have **insulin injections more than 2 times a day**, and normally take your dose of long-acting insulin such as Insulatard, Humulin I, glargine (Lantus) or detemir (Levemir) in the morning, you should reduce the dose by a half. For example, if you take 12 units reduce it to 6 units. Miss out any short-acting meal-time insulin such as Actrapid, Novorapid or Humalog until after your scan.
- If you normally have **1 long-acting injection of insulin a day in the morning** (sometimes taken by people on diabetes tablets), reduce the dose by a half. For example, if you take 12 units reduce it to 6 units
- If you are on any other insulin regime or are not sure what to do, contact your usual diabetes care provider.

Other instructions on the day of your scan

- You may have sugary drinks such as a full-sugar fizzy drink until 2 hours before your scan.
- Bring a full-sugar fizzy drink with you when you come to the hospital for your scan. The drink should be at least 250ml.

You should have 250ml of the sugary drink if

- you feel faint or dizzy
- you think you are having a 'hypo'
- or if your blood glucose is less than 4mmol/L
- Bring your own insulin with you to your appointment. Please also bring any instructions you have for giving it.

How to take your insulin after you have had your scan

- If you normally have **insulin injections 2 times a day**, take half the morning dose with your next meal.
- If you normally have **insulin injections more than 2 times a day**, take the short-action insulin such as Actrapid, Novorapid or Humalog with your next meal.
- Take your usual doses of insulin in the evening.

Advice for patients who take tablets to control diabetes

If you are taking tablets that are not mentioned here, please seek medical advice from your usual diabetes care provider.

Medication	Day before procedure	Day of procedure	Day after procedure
<ul style="list-style-type: none"> Metformin Acarbose 	Take at usual times.	Stop taking.	Take at usual times.
<ul style="list-style-type: none"> Sulphonylureas Gliclazide (Diamicron) or glipizide (Gibenese, Minodiab) 2 times a day. Glimepiride (Amaryl) and gliclazide MR (Diamicron MR) usually 1 time a day. 	<p>Take the normal dose with the morning meal, miss out evening dose.</p> <p>If you feel that your blood glucose is going low or you think you might be having a 'hypo', drink 250ml full-sugar fizzy drink.</p> <p>Take the bowel preparation as instructed.</p>	Miss out morning dose of gliclazide or glipizide.	Take your normal dose of medication once you have started eating and drinking.
Glitazones – Pioglitazone (Actos)	Take the normal dose at the normal time.	Take the normal dose at the normal time	Take the normal dose at the normal time.
Repaglinide and Nateglinide	Take the normal dose at the normal time.	Miss out the morning and lunch time dose	Take the next dose with your next meal.
Sitagliptin and Saxagliptin	Take the normal dose at the normal time.	Miss out the morning dose	Take the next dose with your next meal.
GLP-1 – Byetta Victoza Lixsenatide Bydureon	Take the normal dose at the normal time.	Miss out the morning dose.	Take the next dose with your next meal.

Who will be doing my scan?

A doctor who specialises in X-ray tests (a radiologist) or a specialist radiographer who has trained to do CT colonograms (a CT Colon advanced practitioner) will do your scan.

There may be another member of staff in the room to help.

As we are a teaching hospital a student may also be in the room. If you do not want this, you can ask that a student is not in the room when you have your scan.

What happens during my scan?

- When you get to the Radiology Department you will be shown to the waiting area.
- We will show you to a changing cubicle so you can take off some of your clothes and put on a hospital gown.
- We will take you into the scan room. We will talk to you about the scan. You can ask any questions that you may have.
- We may need to put a flexible needle (cannula) into a vein on your arm.
- We will ask you to lie down on the scan table. Before the scan you may be given a small injection through the cannula. The injection is called **Buscopan**. This relaxes your bowel and prevents spasm so you should feel less discomfort. This improves the pictures that are taken. The injection may make your eyesight blurred but this should get better after about 30 minutes.
- A small lubricated tube will be inserted into your bottom (rectum).
- Gas will be passed through the tube into your bottom to inflate the large bowel. This makes it easier for all the surfaces of the bowel to be seen clearly during the scan.
- The gas will make you feel bloated as if you want to pass wind (fart). It is very important that you hold onto the gas that is put inside.
- When the gas is in your bowel, you will have the scan. You may need to have the scan done more than once with you lying in different positions. If you have problems turning, the staff will help you turn into the right position.
- **For patients with Bisacodyl allergy only:** you may have an injection of a colourless liquid which shows up on X-rays and CT scans (contrast liquid). This is given through the cannula already in your arm. This is so that your blood vessels can be seen better on your scan. The supervising radiologist or specialist radiographer will decide this on the day. You will be told if you need this.
- **Patients with allergy to iodine will not have this injection.** Please tell staff on arrival if you are allergic to iodine.

How long will it take?

You may be in the Radiology Department for up to 90 minutes.

The CT scan takes between 10 and 30 minutes. The time will vary for each patient.

What happens after my scan?

- We take the needle in your arm out.
- We will take you to the toilet so you can get rid of the gas.
- After this you can go home.
- You may eat and drink as usual. You may bring a snack to eat after the scan. This would be particularly useful if you are travelling to and from the hospital by ambulance.

How do I get my results?

You will not get the results straight away. A Radiologist or specially trained radiographer will look at your scan pictures. The results will be sent to a specialist team in the hospital (General Surgery team) to be checked. They will contact you with the results.

We will give you an aftercare sheet after the scan. This will tell you more details.

Are there any side effects or risks?

We have included the most common side effects and risks in this leaflet. The possibility of these happening is different for each person.

- **Tummy pain and bloating:** You may feel pain and bloating (trapped wind) in your tummy. This is from air that was put into your bowel during the scan. This may last for about 2 hours. Eating and drinking normally will help this to pass. If you have any problems with this after the scan please speak to a member of staff.
- **Hole in the bowel (perforation):** this happens in about 1 in 3000 patients. **Please go to your nearest Emergency Department (A&E) if you have any of these symptoms in the next 4 days: increasing tummy pain and discomfort, bad (severe) tummy pains, sweating and / or feeling sick (nausea) or feeling generally unwell.** You may need to stay in hospital overnight for care. Most patients get better without any more treatment.
- **Symptoms with your eye:** if you had an injection of Buscopan during the scan, the muscles of your eyes may have relaxed as well as the muscles of your bowel. This may cause blurred vision in some patients. If your vision is blurred, this usually only lasts for about 30 minutes. **Do not drive until your eyesight returns to normal.**

If you have any pain in your eyes in the next 24 hours, go to your nearest eye casualty straight away. Tell the doctor that you have had an injection of Buscopan and show them this leaflet. In Leicester the Eye Casualty department is at Leicester Royal Infirmary.

- **Dry mouth** - the injection of Buscopan may cause you to have a dry mouth. This will not last long.
- **Side effects from the contrast liquid (applicable to patients with Bisacodyl allergy only)** - you may get a warm feeling and/ or a metallic taste when the injection is given. This can make you feel sick. If you do get these feelings they usually last about 1 minute. **Patients with known iodine contrast will not be given contrast liquid.**

- **Reaction to contrast liquid (applicable to patients with Bisacodyl allergy only) -** Some patients may be allergic to the contrast liquid and may have symptoms such as feeling or being sick (nausea or vomiting), or a rash. If you get any of these symptoms at the hospital, tell the doctor, nurse or other staff looking after you. If you start to get these symptoms at home you should contact your GP or call 111.

Despite these side effects and risks your doctor believes you should have this scan. There are also risks from missing a serious problem which could be detected from this scan.

What are the risks from exposure to radiation in this examination ?

The main risk from exposure to X-rays is a higher risk of getting a cancer in the future. This risk is thought to be very small.

We are all exposed to natural background radiation every day of our lives. This comes from the sun, the food we eat, and the ground. Each test that uses X-rays gives a dose on top of this natural background radiation.

The risks of radiation are slightly higher for an unborn child. We must ask all girls age 10 to 15 years and all patients aged 16 to 55 years about their periods and/or possibility of being pregnant.

The benefits of having this test are likely to outweigh any possible risks. The risks of not having the test could be greater. We try to keep your exposure to X-rays as low as possible.

What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment:

- please call the radiology department on **0116 258 8765** and select **option 3**. Monday to Friday 9am to 5pm, but not on bank holidays.



Any questions?

If you have any questions you can write them down. This is to remind you to ask when you come for your treatment.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk