Manchester Royal Infirmary

Bowel Preparation For CT Colonogram

Information For Patients
Please read all of this leaflet. It contains important information about how you should prepare for your examination.

**The date and time of your appointment are shown in your letter.**

If you have any questions about this examination please contact the Radiology Department between 9.00 am and 5.00 pm Monday to Friday on either number below and ask for a GI Radiographer.

0161 276 4373/3394

Alternatively e-mail all enquiries to:
giradiographers@cmft.nhs.uk

If you are unable to come to this appointment, please contact the department as soon as possible. We will not automatically send out a second appointment.

**Instructions for bowel preparation to be followed the day before your examination**

There may be a delay in-between the assessment and prescribing of the bowel cleansing agent and your procedure.

It is essential that you contact the Radiology Department if your condition has changed or your health has deteriorated during this time.

For this examination to be successful it is important that your bowel should be empty, therefore you must follow these instructions very carefully.
Please follow these instructions as failure to do so will affect the quality of your scan

If you have a morning appointment:

At 7.45 am the day before your appointment
Mix the contents of one sachet of the laxative provided (Sodium Picosulfate) into a measuring jug with 150ml or 5fl oz of cold water. Stir thoroughly for 2-3 minutes and allow to dissolve. This mixture will heat up. Cool for approximately 5 minutes before drinking.

At 8.00 am, mix _____ mls of gastrografin with _____ mls of water and drink.

Between 8.00 am and 9.00 am
For breakfast you can have the following:
• a boiled or poached egg and/or
• white bread with a scraping of butter or margarine.
  No jam or marmalade.
Important: Do not eat any other food.

You should now go onto a clear liquid diet.
This includes things like tea and coffee without milk, clear soups, Bovril, Oxo, clear jelly, honey in water and sugary drinks especially if you are feeling weak. You can also have boiled sweets.
Please drink as much of the clear liquids as you need to stop you feeling thirsty.

At 2.00 pm
Take the second sachet of laxative (Sodium Picosulfate) in exactly the same way as the first.
Mix _____ mls of gastrografin with _____ mls of water and drink.
At 8.00 pm mix _____ mls of gastrografin with _____ mls of water and drink.

At 7.00 am on the morning of your scan, mix _____ mls of gastrografin with _____ mls of water and drink.

If you have an afternoon appointment:
Please follow the instruction for the morning appointment, but take the fourth dose of gastrografin at 11.00 am on the morning of your appointment.

Please note:
This laxative is very effective. Be prepared for your bowels to open one hour after the first dose, and then for several times during the day. For your own comfort stay within easy reach of the toilet throughout the day.

Remember the laxative will cause diarrhoea. A little petroleum jelly around the back passage will help prevent soreness. If you experience any other unexpected ill effects please ring the department.

Medication:
Regular oral medication should be continued as normal but taken at least one hour before administration of the bowel cleansing agents.

Important information:
Iron tablets, bran or Isogel should be stopped seven days prior to the test.

If you are using the contraceptive pill you need to take additional precautions for up to 7 days after taking bowel cleansing agents.
What To Expect

The examination usually takes about 30 minutes.

When you arrive in the X-ray department we will ask you to change into an X-ray gown. The examination will be carried out by a Male or Female Radiologist and/or a Radiographer who specialises in CT scans of the bowel and other X-ray examinations.

We will ask you to lie on the X-ray table. A small thin tube will then be inserted into the back passage (rectum) and air or carbon dioxide (CO2) will then be fed into your bowel. We will ask you to move into different positions on the table to allow the X-rays to be taken.

During your examination you may feel uncomfortable but it should not be painful. To help demonstrate all the bowel an X-ray dye will be given through a small injection/cannula in your arm, additionally you may be given a muscle relaxant to help relieve any discomfort.

The muscle relaxant may make your eyesight blurred for a short time. It is important that you do not drive until at least 30 minutes after your examination to ensure your vision has returned to normal.

Aftercare

After the examination you can eat and drink as normal.

We will send the results of your examination to the doctor who requested it as soon as they are available.

We recommend that you leave any valuables or jewellery at home as they may need to be removed for the examination.
Are there any risks or complications?

The use of X-rays may mean that there is a slight increase in the chance of cancer occurring many years after your examination; e.g. 1 in 10,000 for a CT head scan, 1 in 1,000 for a CT abdomen scan.

Although this examination involves the use of X-rays, your doctor will have decided that the benefit of having the scan far outweighs any risks.

The dose is equal to the natural radiation we all receive from our surroundings over a period of approximately 1 – 5 years.

It is also worth noting that these risk levels only represent very small additions to the 1 in 3 chance we all have of getting cancer.

Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

• Ask to speak to the ward or department manager.
• Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
• Log onto the NHS Choices website www.nhs.uk – click on ‘Comments’.

If you would like to discuss a concern or make a complaint:

• Ask to speak to the ward or department manager – they may be able to help straight away.
• Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.
No Smoking Policy

Please protect our patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted in any of our hospital buildings or grounds, except in the dedicated smoking shelters in the grounds of our Central Manchester site.

For advice and support on how to give up smoking, go to http://www.nhs.uk/smokefree.

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

© Copyright to Central Manchester University Hospitals NHS Foundation Trust