

**CT SCANNING DEPARTMENT**  
**CT PNEUMOCOLON – PATIENT PREPARATION & INFORMATION**

A CT Pneumocolon or CT Colonography is a study of the large bowel.

In order to obtain good diagnostic images, the large bowel needs to be clear. To achieve this you will need to take a laxative the day before the examination. The laxative (PICOLAX) will be supplied by the CT department.

If you have insurance, please ensure that you bring your policy number and have obtained an authorisation number. You will need this when you register

Please disregard the instructions written on the packet and use the following instructions:

**The day before the examination**

- 7am – Light breakfast e.g. one slice of bread plus eggs, tea or coffee
- 8am – One sachet of PICOLAX mixed with  $\frac{1}{4}$  pint of water. All to be taken at once
- **Nothing solid to eat after breakfast until after the examination the following day**
- **Drink as much fluid as possible during the day**, at least  $\frac{1}{4}$  pint every hour (including clear soups)
- 4pm – One sachet of PICOLAX mixed with  $\frac{1}{4}$  pint of water. All to be taken at once

**The day of the examination**

- Please allow approximately one hour for this examination
- Whatever time your appointment is, continue to drink every hour
- Report to Radiology reception (Ground floor, South building) at the time of your appointment where you will have to register with one of the reception staff. If you have insurance, please bring your policy number and authorisation number. You need to register **every time** you come to the hospital so please have these details with you

- Immediately before the examination you will be asked to change into a gown
- Once on the scanning table you will be asked to lie on your side. The nurse will then place a tube into the back passage (rectum) and then air will be inserted into the bowel
- A muscle relaxant called BUSCOPAN or GLUCAGON may be given before the scan commences. This is to relax the involuntary muscle in wall of the bowel.
- An injection of contrast agent (x-ray dye) will also be given during the main scan. You will have a line placed into a vein in your arm by which the contrast is given. You will feel a strange warm sensation as the dye is injected but this should only last a few moments. You may also experience a temporary metallic taste in the mouth
- One scan will be done with you lying on your back and another done with you lying on your front

#### **After the examination**

- You will have access to a toilet immediately following your examination
- Eat and drink as normal
- You may experience mild abdominal discomfort for a few hours

#### **Things we need to know**

Please inform the CT department in advance if:

- You have Diabetes, especially if you are taking the drug Metformin
- *If you do take Metformin, you will be asked to stop taking the drug for 48 hours after the injection of dye. This is to prevent possible impairment of kidney function.*
- You are Asthmatic
- You have any allergies
- You are or might be pregnant
- You have a condition affecting the eyes called Glaucoma?
- You have a prosthetic heart valve (You may require antibiotic cover prior to the procedure)

### **Complications**

The only complications that may arise from a CT scan are related to the contrast agent. Some people may have an allergic reaction to the dye. This is very rare and can be treated immediately with appropriate medicines. Also, the dye can cause further kidney damage in people who already have kidney problems.

People who have allergies or kidney problems should tell the CT department staff prior to the examination.

With this particular examination there is a very small chance of perforation of the bowel as the tube is inserted or removed. Every effort is made to insure that this process is carried out safely and painlessly.

### **Contraindications**

CT technology requires the use of ionising radiation. There known but slight risks to the foetus if exposed to ionising radiation, therefore if there is any chance that you could be pregnant, you will not be scanned.

### **Contacting us**

If you have any questions about your examination or there is something you think we should be aware of prior to your procedure, please contact one of the CT team:

Lucy Hall (CT Superintendent)

Yoss Farahmandi (Deputy CT Superintendent)

Sara Vrantsis (CT Radiographer)

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