

**Patient  
Information**

# CT colonoscopy aftercare

## Introduction

This leaflet gives you information about what to expect following your CT colonoscopy.

## After your CT colonoscopy

Please return to your normal eating and drinking patterns. We recommend that you drink plenty of fluids for the following 2 to 3 days.

Due to the pre-scan preparation, you may continue to have loose stools for 1 to 2 days after your scan. This is normal.

The doctor who asked us to perform the test will be sent the results and will contact you to arrange a follow-up appointment.

## Medications

During the CT colonoscopy you may have been given any of the following:

- Carbon dioxide
- Buscopan
- X-ray contrast (dye)

### Carbon dioxide

The carbon dioxide used to inflate your bowel will be absorbed into your body quite quickly following the procedure.

However, you may have some minor abdominal discomfort for 1 to 2 hours. Returning to your normal diet and moving around will help to ease any remaining discomfort.

Please contact your GP urgently if you experience any of the following symptoms over the next 4 days:

- Severe abdominal pain
- Increasingly painful abdominal discomfort
- Sweating and nausea (feeling sick)
- Feeling generally unwell

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Department

**Radiology**

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## Patient Information

### **Buscopan**

This is used to relax the muscles in the bowel wall. Side effects are rare, a fast heart rate and/or blurred vision can happen after the injection but should only last for about 30 minutes.

Do not drive until your vision has returned to normal.

In rare cases, this injection can cause an eye problem called 'acute angle closure glaucoma'.

Please contact your GP urgently if you develop any of the following symptoms within 48 hours of this test:

- Hazy or blurred vision
- The appearance of rainbow-coloured circles around bright lights
- Red eye appearance and/or severe eye and head pain
- Sickness or vomiting (accompanying severe eye pain)
- Sudden sight loss

### **X-ray contrast**

X-ray contrast or 'dye' is used to highlight the organs within the body making it easier to interpret the images. In a few cases an allergy to the contrast may present up to 2 days after the injection. If you have any of the following symptoms, please contact your GP:

- Itchy, raised rash on the skin around the site of injection or all over the body
- Sickness or vomiting up to 24 hours after the injection

### **Contact information**

If you have any problems or questions, please call the number below:

#### **Radiology Nurses**

Tel: 0300 422 6245

Monday to Friday, 8:00am to 6:00pm

Alternatively, you can you contact your GP or NHS 111 for advice.

#### **NHS 111**

Tel: 111

## Patient Information

If you become unwell and need to see a doctor, please take this leaflet with you for information.

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>