

Having a CT scan of your bowel

**If you don't think you should be having this scan,
please contact the CT Department.**

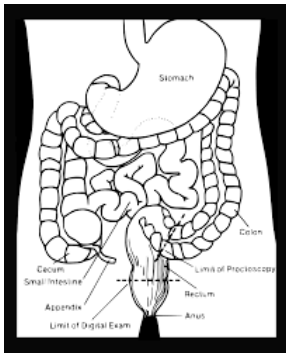


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Read

If you haven't had a copy already, please ask for the 'Having a CT scan of the body' leaflet. This will tell you more about CT scans and what to expect.



This leaflet gives you information about having a CT scan of your bowel, this is called a CT colonoscopy.

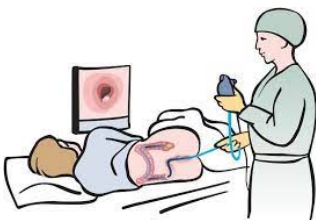
A CT colonoscopy uses the CT scanner to take pictures of your bowel.

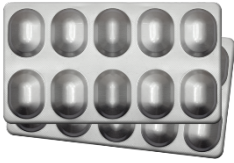
During the scan

A thin tube will be put into your bottom.

Gas will go through the tube to inflate your bowel so doctors can see what is happening in it.

You will lie on your side first and then on your front or your back in the scanner.





Before your scan

Your bowel needs to be empty of poo for your scan.



The day before your scan you will take medicines to clear your bowel called laxatives.

You will have to drink a special liquid with your meals the day before your scan.



You should take your usual medication unless you are told not to.



When you arrive, you will be asked to change into a hospital gown.

During your appointment

The radiographer will explain what will happen and answer your questions.

You need to tell them if you have had problems getting your bowel empty of poo.



You will be asked to fill in a safety form.

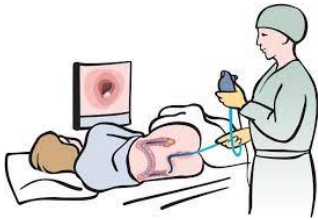


You might have a thin tube called a cannula put in a vein in your arm.

You might be given some dye called contrast medium through the cannula.

The dye might make you feel warm all over and make your mouth taste of metal.

You will be asked to lie on the bed on your left side.



A tube will be put into your bottom.

You might have a medicine injected to help relax your muscles.

Some gas will go into your bowel through the tube, this might make you feel like you are a bit bloated in your tummy.



You will be scanned on your back and on your front or side, each one will take about 10 to 20 seconds.

Are there any risks

CT colonoscopy is a safe test and people hardly ever have problems.

Some things that may happen are,

- Uncomfortable tummy.
- Feeling a bit faint.
- Feeling warm or a little sick after having dye called contrast medium or being allergic to it.
- Damage inside the bowel which is very rare.



The health staff are trained to help if there are any problems and the risks to you are very small.

Please tell health staff if you have had a reaction before when you have had the dye called contrast medium injected into your veins.



After your scan

You will be given a cup of tea or coffee and some biscuits.

You can eat and drink normally.





The radiologist will look at your scan and write a report for your doctor.



If you have any questions about having a CT scan, please call us on the number on your appointment letter.



Ask 3 questions

If you are asked to make a choice about your health, you may have lots of questions you want to ask.



You might want to talk to other people about your choices.



It can help if you make a list of your questions and take it with you to your appointment.



To begin with try to make sure you get the answers to these **3 questions**, if you are asked to make a choice about your healthcare.



What are my choices?

What are the good things and not so good things about each choice?



How do I get help so I can make a choice that is right for me?

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 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



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