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NHS
Sherwood Forest Hospitals
NHS Foundation Trust

INFORMATION FOR PATIENTS

Undergoing CT colonography (Barium Microcat) for patients with a known iodine allergy

You will need to collect one can of special preparation (Microcat) from x-ray reception at King's Mill Hospital (Monday to Friday 9am to 5pm) **at least three days** before your appointment. Please bring your appointment letter with you.

Your consultant has advised you to have a CT scan. This leaflet aims to explain the procedure and answer any queries you may have.

CT stands for Computed Tomography and simply refers to the technology of the equipment. CT is a scanning technique which uses x-rays to produce cross-sectional images of the relevant part of the body. It can be used to diagnose many conditions and also monitor the success of treatment.

You will need to contact us if:

- Your weight exceeds 30 stones or 200 kilograms.
- You have an allergy to iodine.
- You are pregnant.
- There is any possibility that you may be pregnant.

If you need transport to the hospital please contact your GP to arrange this. Although the actual scan time is only 30 to 45 minutes, you will need to allow 1½ hours for this appointment.

Please leave any valuables at home. You are responsible for all personal items you bring into hospital and the Trust cannot accept responsibility for their loss or damage.

Important

You must follow the strict diet outlined on the attached sheet and take the Microcat and Picolax as instructed. This is to ensure the bowel is prepared for this examination. The Microcat is used to tag the faeces in the bowel.

If you have any questions regarding the preparation for this scan, please contact the CT department on 01623 622515, extension 3212.

Preparation for CT colonography

You will need to take the Microcat on the day before your appointment.

On the day before the procedure:

8am

Take the first sachet of Picolax. Dissolve one sachet of Picolax in a cup of cold water (approximately 150ml). Stir for 2-3 minutes and then drink the solution. Sometimes the solution becomes warm as Picolax dissolves. If this happens, wait until it cools sufficiently before drinking it.
Dilute the Microcat by filling the container with water to the marked line. Shake well.

Breakfast (8am to 9am)

Choose one of the following options:

- 30g of cereal eg: Cornflakes or Rice Krispies with 100ml of milk.

Or

- Two slices of white bread/toast with a scraping of butter or margarine and honey.

Or

- One slice of white bread/toast with a scraping of butter or margarine with one boiled or poached egg or 50g of cottage or cream cheese.

You may drink tea or coffee with milk and sugar or sweetener or diluted squash with your breakfast.

Immediately after breakfast drink half the bottle of Microcat.

Mid-morning (10am to 11am)

You may drink a cup of tea or coffee with milk and sugar or sweetener or dilute squash.

Lunch (12pm to 1pm)

Choose one of the following options:

- 75g portion of meat or fish in a sauce with two small boiled or mashed potatoes.

Or

- Two boiled or poached eggs with two slices of white bread/toast and a scraping of butter or margarine.

Or

- 100g cottage or cream cheese with two slices white bread/toast and a scraping of butter or margarine.

Drink plenty of water from now onwards – at least one glass every two hours.
4pm

Take the second sachet of Picolax as instructed previously.

Evening meal (6pm to 7pm)

- A portion of clear jelly and a cup of Oxo or Bovril diluted in warm water may be taken.

Now drink the remaining half bottle of Microcat.

No further solid food is allowed until after your scan but continue to drink plenty of clear fluids such as water, dilute squash, fizzy drinks, tea or coffee with no milk until after your scan.

On the morning of the procedure (8am)

Take any medication as usual and continue drinking clear fluids as above.

The procedure

You will be asked to change into a gown. A radiographer will take you into the scan room and explain the procedure to you in more detail. Should you have any worries the staff will put you at ease and answer all your queries.

You are required to lie on a couch which will move through the large doughnut- shaped scanner. Your body will never be totally enclosed and you will be able to communicate with the CT staff through an intercom system. The scanner couch can be lowered and patients with mobility problems will be offered assistance.

For this scan it is necessary to insert a cannula (a small plastic tube through which an injection is given) into a vein in your arm. We will use this cannula to inject a drug which relaxes the bowel.

A small tube will be inserted into your back passage to allow us to fill your bowel with air. You need to lie very still on your back while the scan is in progress, and we will ask you to hold your breath for a short time. We will then ask you to turn into different positions to enable us to do further scans.

Following the procedure

You may eat and drink normally. A high-fibre diet will help restore your normal bowel habit which will usually return within a couple of days.

Risks from the procedure

To minimise any risks, you will be asked a series of questions before the scan.

The injection of the bowel relaxant may cause blurring of vision, but this normally clears within half an hour. Very rarely the injection can cause pain in the eye. If this does occur, contact your GP immediately.

Although x-rays are used to produce the images, a CT scan is considered to be a very safe procedure. Any slight risk from the use of x-rays is outweighed by the information provided by the scan.

Getting your results

When your scan is finished no instant diagnosis can be made. The images produced are recorded digitally and reviewed by a radiologist (an x-ray doctor) who then sends a report to your hospital consultant.

The results of your scan will be discussed with you at your next clinic appointment. If you have not received your follow-up appointment within four weeks please contact your consultant's patient coordinator.

Finally

We aim to see you at your appointment time but please remember emergency patients are scanned as priority.
Should there be a delay the reasons will be explained to you.

Contact us

If you need any help before your appointment date, please call the CT Department on 01623 622515, extension 3212.

Your radiology records

This Trust is part of a group of NHS hospitals in the East Midlands that have a shared NHS radiology system, which is used by our healthcare professionals to access your radiology records.

If necessary, your radiology records may also be accessed by healthcare professionals in other NHS hospitals in the East Midlands or NHS Service Providers, to ensure you receive consistent, safe and effective clinical care and treatment, irrespective of where you receive your care.

If you have any concerns about providing information or how we use it, please discuss this with radiology staff so that you fully understand the potential impact on your care or treatment.

Further sources of information

NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)
PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

To be completed by the Communications office
Leaflet code: PIL202611-02-CTCBM
Created: January 2025 / Revised: November 2026
/Review Date: November 2028