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NHS
Sherwood Forest Hospitals
NHS Foundation Trust

INFORMATION FOR PATIENTS

Undergoing a CT scan – large bowel (minimal prep Omnipaque)

You will need to collect a bottle of special preparation (Omnipaque) from x-ray reception at either King's Mill Hospital or Newark Hospital **at least three days** before your appointment between 9am and 4pm Monday to Friday. 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.

Please contact the CT department on 01623 622515, extension 3212 if:

- Your weight exceeds 30 stones (200 kilograms).
- You have an allergy to iodine.
- You are pregnant or 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 15 to 30 minutes, you will need to allow one hour for this appointment.

You may eat and drink normally prior to your scan and continue with any medication.

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.

Preparation
Please follow the instructions on the following page. You will need to do these two days before your appointment.

Please shake the bottle before opening. To dilute, stir one 5ml spoon (teaspoon) of Omnipaque into a cup of water (approximately 250ml).

Take one cupful at the times shown below:

- Drink the **first** cup at **8am** two days prior to your appointment.
- Drink the **second** cup at **8pm** two days prior to your appointment.
- Drink the **third** cup at **8am** one day prior to your appointment.
- Drink the **fourth** cup at **8pm** one day prior to your appointment.
- Drink the **fifth** cup at **8am** on the day of your appointment.

You may eat and drink normally whilst taking this mixture and continue with any medication.

You may experience frequent, loose bowel movements and possibly diarrhoea after taking Omnipaque. We advise you to stay within easy reach of a toilet.

Some abdominal discomfort can be expected. If you become sore you may use a barrier cream, for example Vaseline or Sudocrem.

The procedure
A radiographer will take you into the scan room and will 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.

A CT scan is not painful; all you are required to do is lie on a couch which then moves 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.

It may be necessary to insert a cannula (a small plastic tube) into a vein in your arm. This will allow us to inject a special fluid called contrast medium which helps us to see blood vessels more clearly. The injection may give a warm sensation throughout the body but this soon passes.

You need to lie very still whilst the scan is in progress and we may ask you to hold your breath for a short time.

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

A small number of patients suffer allergic type reactions to the contrast medium.

If you have had an injection of contrast medium you will need to remain in the department for up to 20 minutes following your scan. Such reactions are usually minor and settle quite quickly without treatment.

Very occasionally a small amount of the contrast medium may leak out of the vein into the surrounding tissue. You may experience some swelling and redness around the site of the injection.

Your examination will be performed using the minimum amount of radiation necessary to produce the images needed to help your doctor diagnose your illness, injury or monitor the progress of treatment.

We make sure the benefits from having the examination outweigh the very low risk involved.

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 (x-ray doctor) who then sends a report to your hospital consultant.

These results will be discussed with you the next time you are in clinic. 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 you may contact 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, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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