

Patient information

Information about your CT virtual colonoscopy examination (CitraFleet and Omnipaque)

If, for any reason, you cannot keep this appointment, please telephone 01284 713378. This will avoid undue delay and will help us to keep our waiting list as short as possible.

What is a CT virtual colonoscopy?

CT virtual colonoscopy is a test which provides images of your bowel and is an alternative procedure to a standard colonoscopy examination. This test has been requested as your doctor feels it is the most suitable procedure for you.

During this procedure you will lie on the CT scanner couch, and a small tube will be inserted into your back passage. Air will be passed through the tube to inflate the bowel. The couch moves through the 'hole' of the CT scanner as the scans are taken. You will go in feet first. The images captured come up directly on a monitor and are stored on a computer.

Preparation

The following diet sheet should be followed closely, and the preparation taken as instructed. Both are used to clear the bowel of faeces (poo) and allow for clearer pictures.

CitraFleet and Omnipaque (iodine)

You should have received two sachets of CitraFleet and one 50ml bottle of Omnipaque

to take as described in this leaflet.

CitraFleet acts as a laxative, it is normal to have some diarrhoea.

Omnipaque can be given by injection or by mouth. Omnipaque is normally given by mouth for examinations of the gullet, stomach, or small bowel. Omnipaque can be diluted with water or cordial for these examinations.

If you have had a severe allergic reaction to CitraFleet, iodine or x-ray contrast in the past, please **do not take the bowel prep, call us on 01284 713378** so we can arrange an alternative bowel prep.

You may experience some discomfort externally around your back passage because of the laxative effect of the bowel preparation. We recommend Vaseline or Sudocrem to ease the discomfort if required.

The success of the examination depends on you following the diet and taking the bowel preparation. If you do not, the examination will have to be repeated.

If there is any chance of you being pregnant, please do not take any preparation and notify the x-ray department immediately.

If you are taking **iron tablets** stop taking them 3 days before your scan.

Please check your accompanying letter, if you answer yes to any of the specified questions, please refer to the frequently asked questions section in this leaflet.

If you are diabetic and require further advice, please contact your named diabetic nurse.

If you have a colostomy or ileostomy, please call 01284 713378 to advise the department.

3 days before your appointment

How do I prepare for the procedure?

If you are taking iron tablets, please **stop** taking this medication.

Please continue taking all other medication and any laxatives as normal.

The day before your appointment

Do not eat any solid food. You can have clear soups (e.g. sieved chicken noodle

soup, vegetable Bouillon), jelly, ice cream, Ambrosia custard, milk, Complan drinks, Bovril and Oxo drinks, water, clear juices, fizzy drinks and tea/coffee.

Drink as much tea or water as you like but take at least ¼ pint (150mls) of fluid each hour on the hour during the daytime.

At 8.00am

Mix the contents of 1 sachet CitraFleet in a cup of cold tap water (approx. 150ml). Stir for 2-3 minutes, it will become hot when you stir, wait for it to cool before drinking the whole solution. Once the solution is ready, drink it immediately.

At 4.00pm

Take the second sachet of CitraFleet.

Mix the contents of 1 sachet CitraFleet in a cup of cold tap water (approx. 150ml). Stir for 2-3 minutes, it will become hot when you stir, wait for it to cool before drinking the whole solution. Once the solution is ready drink it immediately.

At 7.00pm

Drink the 50ml bottle of Omnipaque 300. It has a slightly metallic taste and can be added to cordial or water.

The day of your scan

Do not eat any solid food until after your scan.

You may drink water or clear sugary drinks, e.g., fizzy drinks or clear juices.

You can eat normally when you have left the department.

Please allow one hour for the examination.

What happens when I arrive?

Please attend the CT scanning department on the ground floor of the hospital where the receptionist will check your personal details.

Please advise staff if:

- You are a diabetic and are taking metformin (Glucophage).
- You have any kidney function problems.
- You have any allergies.
- You are unable to lie flat.

You will be asked to change into a gown for the examination.

You will be taken into the scan room and the radiographer will explain the procedure

and answer any questions before asking you to sign a consent form. Please let them know if you have had any problems with your preparation and bring a copy of your current medications.

Your blood pressure will be taken prior to your examination. If your blood pressure is deemed too high to proceed your procedure will be postponed until the high blood pressure has been treated. If you have a history of high blood pressure, please contact your GP to have this reviewed before your appointment.

How is a virtual colonoscopy performed?

The procedure usually takes about half an hour.

During the examination a tube will be placed into your back passage (bottom) and air will be passed into it. During the procedure you will not be asked to remove your underwear; they will be moved down slightly whilst inserting the tube. It may be useful to bring spare underwear to your appointment in the unlikely event of a small spillage.

It may also be necessary to give you a small injection of Buscopan into your arm to relax your bowel, this can help obtain better images.

You will move through the CT scanner feet first whilst we take a series of scans, lying on your back and then on your stomach or side.

You may feel some abdominal discomfort from the air.

Once the procedure is finished you will be taken to the toilet and be able to get dressed again.

You may be required to have an injection of an x-ray dye to highlight blood vessels as part of your scan. If you are given this injection you are required to stay in the department for 15 minutes after your scan. It is recommended that you increase your fluid intake for 24 hours after the injection.

You may wish to bring a friend or relative with you to assist you after the examination especially if you live alone or have driven yourself in to the hospital.

Will it hurt?

The procedure should not hurt but you may feel abdominal (tummy) discomfort caused by the air that is inserted. This will be expelled when you go to the toilet. You may eat and drink normally after the procedure which will help any discomfort.

Are there any risks or complications?

As with every medical procedure the risk must be compared to the benefit of having the procedure carried out. The doctor who requested the procedure will have considered this very carefully.

Virtual colonoscopy is known as an invasive procedure and carries a small risk of complications:

- **Perforation (tear)** – the risk of this is small (less than 1 in 3000 procedures)
- **Drug medication** – as part of your examination, you may have been given an injection of Buscopan and/or x-ray contrast. Minor reactions include sneezing, skin rashes, nausea. Major reactions include breathing difficulties and cardiac arrest.

We must stress that reactions are very rare. Most patients only experience a hot flush and strange taste or dry mouth, all of which are normal for these drugs.

- **CitraFleet and Omnipaque preparation** - please read the manufacturers leaflets provided with CitraFleet and Omnipaque. Having read the leaflets, should you have any concerns please contact 01284 713378.

When will I get my results?

All the images will be examined after your procedure by a radiologist and a written report on the findings sent to your referring doctor.

Frequently asked questions

CitraFleet

If you have a known allergy to CitraFleet do not take it. Please phone the radiology department for advice. CitraFleet acts as a laxative, it is normal to have some diarrhoea. Please arrange to stay close to a bathroom. You may not have a bowel movement from the first dose. You may have bowel movements throughout the night prior to your appointment.

Omnipaque/Iodine

If you have a known allergy to iodine which has caused anaphylaxis/allergic reaction or a rash, please do not drink the Omnipaque 50ml bottle and phone the department for advice in advance of your appointment.

Iron tablets

Must be stopped 3 days before your scan.

Diabetic patients on insulin

You should seek advice from your diabetic nurse in advance of starting the bowel prep and low residue diet.

Patients with high blood pressure

You must continue prescribed anti-hypertensives as normal and discuss with your GP to check levels.

Aspirin

There is no requirement to stop taking this or other blood thinners.

Mobility issues

Usually these can be worked around during the scan, however, if there is particular concern with taking the bowel prep and how the subsequent diarrhoea will be managed, please contact your referrer.

What if my bowel prep hasn't worked?

If your bowel prep hasn't worked, please still attend your appointment.

Checklist

Things to remember before your procedure:

- Read all the information we have sent you carefully.
- Follow specified bowel preparation and eating plan.
- Check for specific medication instructions.

Please bring the following items with you:

- This booklet.
- A list of current medications.

Contact numbers:

- Cancellation/change of appointment telephone 01284 713378
- Out of hours telephone 01284 713000

Attending the appointment

It is not advisable to bring children when attending this appointment as there are no childminding facilities available.

Children accompanying patients for imaging appointments must be able to remain unattended, as legally staff cannot look after them.

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)
<https://www.accessable.co.uk>



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