

CT SCANNING APPOINTMENT

The following appointment has been arranged for you:

PATIENT NAME

EXAMINATION [CT PNEUMOCOLON \(Virtual Colonoscopy\)](#)

DATE OF APPOINTMENT

APPOINTMENT TIME

PREPARATION

A CT Pneumocolon, also referred to as a “Virtual Colonoscopy”, is a study of the large bowel.

In order to obtain good diagnostic images, the large bowel needs to be empty. To achieve this you will need to take a laxative called "Moviprep" plus barium and iodine-based solutions. Please use the following instructions:

3 days before your appointment

You can eat and drink as normal for the next two days but **please avoid foods with seeds.**

2 days before your appointment take the first dose of E-Z CAT

Prepare by diluting 1 bottle (225ml) of E-Z-CAT with 275ml of water to make up a total volume of 500ml. At bedtime, please drink 250ml of the 500ml solution (that is half of the diluted barium E-Z-CAT). Keep the remaining 250ml for the following day.

The day before the examination

Today you will drink 250mls of E-Z-CAT at breakfast, 250mls at lunch and 250mls in the evening. **Remember you will not eat an evening meal.**

Breakfast: Drink the remaining 250ml from first bottle of E-Z-CAT prepared the day before. You can eat breakfast as normal.

Lunch time: Make up second bottle of E-Z-CAT as before and drink 250ml of the diluted solution. Please have an early lunch **before 1pm.**

From 1.00pm onwards - Liquid diet only

(clear fluids that are “see through” only please)

Liquid Diet List

FOOD GROUPS	FOOD ALLOWED	FOODS TO AVOID
Beverages	Apple, White grape juice, Water, Decaffeinated or weak tea.	All other.
Soups	Clear soup	All others
Jelly and Ice Lollies	Lemon or lime flavored Jelly, water ices and frozen ice lollies	All others

5.00pm: Open one clear bag of the Moviprep and remove sachets A and B. Add contents of both sachet A and sachet B to 1 litre of water. Stir until powder is dissolved. Drink this solution over 1-2 hours. Try to drink a glassful every 10-15 minutes.

7.00pm: Drink remaining 250mls of the second bottle of E-Z-CAT.

7.30pm: Open the second clear bag of the Moviprep and dilute as before. Drink this solution over 1-2 hours. **Remember you are not allowed to eat food but continue clear fluids to prevent dehydration.**

10.00pm: Please drink 50ml of chilled Gastrografin mixed with 200mls (8oz) of water at bedtime.

On the day of your appointment

Please continue to keep yourself hydrated with small amounts of water from midnight. Please take remaining 50mls of chilled Gastrografin mixed with 200mls of water 2 hrs before your appointment time.

You are now prepared for your procedure.

Diabetic Patients

Diabetic patients who use the drug **METFORMIN** to control their diabetes should inform the radiographer prior to the start of the procedure. Those who use Insulin to control their diabetes should keep well hydrated throughout the preparation and check their blood sugars regularly.

*Do you have a prosthetic heart valve or ever suffered from Endocarditis? You may require antibiotic cover prior to the procedure. **(If this is the case you MUST discuss this with your consultant before you attend your appointment. Your referring consultant will need to prescribe the antibiotics you require and we***

need to be aware of this so we can order them in before your arrival. You will need to arrive 30 minutes before your examination to be given the antibiotics.)

ON ARRIVAL

Please report to Imaging Reception 10 minutes prior to your appointment time with your insurance details and/or payment method. The Imaging Reception can be located on the ground floor in the South building. Once you have been registered the reception staff will notify us of your arrival.

THE EXAMINATION

- Once on the scanning table the nurse will place a tube into the back passage (rectum) and then carbon dioxide will be slowly introduced into the colon using a machine called an 'Insufflator'. This machine is designed to make this test as comfortable as possible for the patient. Carbon dioxide will be absorbed through the wall of the bowel and then taken up by the blood and breathed out through the lungs. It is completely harmless and means the test will be much more tolerable.
- A muscle relaxant called BUSCOPAN or GLUCAGON may be given before the CO₂ is introduced. This is to relax the involuntary muscle in the wall of the bowel.
- An injection of contrast agent (x-ray dye) will also be given during the scan. You will have a cannula placed into a vein in your arm by which the contrast is administered.
- One scan will be done with you lying on your back and another done with you lying on your front.
- Female patients please note that if there is any chance you could be pregnant you must inform the CT department before arriving for your examination.
- Your examination should take no longer than one hour.
- You may eat and drink as normal following the examination.
- **NB : We are obliged to accommodate emergency scans and every effort is made to adhere to appointment times, however, on occasion, we are unable to do so. In such times we appreciate your patience.**

For further details please contact the CT scanning department

TEL : 020 7483 5144
FAX : 020 7483 5016
EMAIL: Imaging.Wellington@hcahealthcare.co.uk

All information regarding the CT scanning department including directions to the hospital and further information on your test and the department can be found online at:

www.thewellingtonimagingunit.com