

Patient Information Leaflet

Alternative preparation for CT Colonography
To be used in cases of patient immobility

Produced By: Diagnostic Imaging

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Review due: May 2016



This preparation is designed to prepare the bowel prior to the examination. It may result in extra bowel movements after the first dose, so you should have access to a toilet. **The examination takes approximately 1 hour.**

The day before the examination

STEP 1	
Before breakfast	Take 40 ml of Gastrografin liquid
Breakfast	Tea / Coffee NO milk Choose one of the following: 30g crisped rice cereal with a very small amount of skimmed milk 2 slices of white bread with clear jam or marmalade (no butter) 1 boiled/poached egg with 1 slice white toast (no butter) 50g cottage cheese with 1 slice white bread (no butter)
Mid Morning	Drink clear liquid (you can drink tea or coffee but with NO milk or cream)
STEP 2	
Before lunch	Take 40 ml of Gastrografin liquid
Lunch	Choose one of the following: 75g white fish, chicken or turkey 2 boiled/poached eggs 100g cheese And one of the following: 2 slices white bread 2 egg sized potatoes no skin 2 tablespoons plain white pasta/rice Do not eat any fruit or vegetables
STEP 3	
4pm	Take 40 ml of Gastrografin liquid
After 4 pm	Drink clear liquid (you can drink tea or coffee but with NO milk or cream)

The day of the examination

Please read the following information. If you are allowed a small meal before your appointment take **40ml Gastrografin liquid** before you eat your food.

Morning appointments:

If your appointment is before 10.30 you may have a slice of white toast with butter and jam if you wish, and a cup of tea or coffee **with** milk for breakfast at 8.00am. If your appointment is after 10.30am you should have clear fluids only for breakfast.

Afternoon appointments:

If your appointment is in the afternoon you should have only clear fluids for breakfast. You may have the same lunch as yesterday between 11.00am and 12noon. Please then continue to drink clear fluids.

All Patients

Drink as much as you wish of:

- Black tea/coffee
- Water
- Squash
- Coke, lemonade, tonic/soda water
- Clear soup
- Marmite/Bovril/Oxo – mixed into weak drinks with hot water.

Finally

If you have any questions or concerns that you would like answered, please contact;

(01983) 534666 Monday to Friday
09:00-12:30 and 13:30-16:30

Ask to speak to a Senior Radiographer in Diagnostic Imaging

Access to Health Records by Diagnostic Staff

As a patient undergoing tests as part of a diagnostic procedure information about you may be accessed by other healthcare professionals. It is normal practice in these circumstances for your consent to be implied as part of your agreement to have the test or tests performed.

Accidental over exposure of radiation

Despite all safeguards, medical exposures can occur where the actual dose is greater than was intended. The regulations governing these exposures are either IR(ME)R 2000 or IRR 99. In the event of an over exposure the incident will be reported to the Radiation Protection Advisor. It will be down to the discretion of the RPA as to whether there is a clinical requirement to inform any patient of an overexposure.

If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues through NHS interactive available through Sky TV or online at: <http://www.nhsdirect.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquires@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: **DI/AItCT/2**