

Patient Information Leaflet

Having A CT Scan

Produced By: Diagnostic Imaging

Date: May 2013
Review due: May 2016



What is a CT scan?

C.T. stands for computerised tomography. The scanner is a specialised x-ray machine that uses radiation to take cross-sectional images of the body. The images are generated by a computer, and viewed on a TV monitor.

The radiation used in CT scanning is kept as low as reasonably possible to gain the diagnostic information.

Preparation for your CT Scan:

It is suggested, for your own benefit, that you wear something comfortable; and if having a body scan that you dress without metal fasteners, zips, belts or buttons and remove any body jewellery. It may be necessary to change into an x-ray gown.

If you are allergic to iodine, or you are taking a drug called **Metformin** (glucophage) for diabetes, please contact the CT Senior Radiographer, Monday-Friday, 09:00-12:30 and 13:30-16:30, on telephone number: (01983) 534671.

- Please contact us if there is **any possibility** of you being pregnant
- We may not be able to carry out the scan if there is any possibility of you being pregnant.

Can I bring a friend or relative?

Yes, but for reasons of safety, they cannot accompany you into the CT scanning room.

What happens during a CT scan?

For a CT scan you will be asked to lie on a cushioned table, which then moves into the scanner. The scanner is a ring shape, like a Polo mint, and you are able to see out of both sides during the scan. The radiographer will fully explain the procedure, and will be able to talk to you during the scan. You may be required to hold your breath for short periods (10 seconds) on request, during scanning.

If you are having a scan that requires contrast, you will be given an injection into a vein. The contrast is an iodine-based liquid that highlights blood vessels and internal organs. It sometimes causes an allergic reaction but this is very rare. Any possible complications of the injection will be explained at the time of your appointment.

How long will it take?

Most CT procedures take about 20 minutes.

Are there any side effects?

Not usually, although if you have had a contrast injection, there is a very small chance of an allergic reaction from the injection. You may eat and drink normally after the scan but should refrain from driving and operating machinery for one hour afterwards.

After your examination:

If you have had a contrast injection you will be required to remain in the department for about 15 minutes before you are free to leave in the company of another adult. If you are unaccompanied, it is advisable to remain at the hospital for a full hour to ensure there are no adverse effects.

When will I get the results?

The radiologist (specialist doctor) will examine your CT scan images shortly after your visit, and prepare a report on the findings. This may take some time to reach your referring doctor but it is usually within 10 working days.

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

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/CT/6**