

Two-day patient preparation before CT colonography

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

Preparation before your examination

We will need you to prepare your large bowel for this examination by altering your diet and drinking our contrast agent (Gastrografin) at specific times.

It is very important to read all of the following instructions as set out below.

The instructions describe what to eat and drink for the two days before and the morning of your scan. The closer you can follow these instructions, the more accurate the test will be.

You will need to stay close to a toilet on the day before your examination at all times as the contrast agent (Gastrografin) may act as a laxative.

If you are taking iron tablets, please stop taking them for the five days before your scan.

Two days before your scan – low fibre diet

You can eat low fibre foods including the following:

- Milk (2 cups per day)
- Plain yoghurt
- Cheese
- Tofu
- Margarine / butter
- Eggs
- White rice / white pasta
- White bread
- Clear jelly
- Boiled sweets
- Chocolate (no fruit or nut pieces)
Ice cream
- Salt, pepper, sugar, sweeteners and honey
- White fish or chicken: boiled, steamed or grilled
- Potatoes with no skin i.e. mashed or boiled
- Clear or sieved soups, Bovril or Oxo

Do NOT eat high fibre foods such as:

- Red meats
- Pink fish
- Fruit
- Vegetables
- Salad
- Mushrooms
- Cereals, nuts, seeds
- Pips, bran, beans
- Brown / wild rice
- Lentils
- Brown bread
- Brown pasta
- Pickles or chutneys
- Sweet corn

Have plenty of drink from tea, coffee, squash, fizzy drinks, water, clear fruit juice (i.e. apple, grape, cranberry).

Suggested meals could include:

Breakfast – White bread / toast with butter and honey.

Boiled or poached egg.

Lunch – Grilled white fish or chicken with white rice and boiled potatoes (no skin)

Scrambled eggs on white toast, vanilla ice cream.

After lunch do not eat any more solid food until after your scan.

You can have clear soups, jelly, Bovril, Oxo, water, clear juices and fizzy drinks.

At 7pm

Drink half the bottle of Gastrografin (50mls). This is best done by mixing it with an equal amount of water and some cordial, blackcurrant squash works well.

The day before the scan – fluid-only diet

Do not eat any solid food. You can still have clear soup, jelly, Bovril, Oxo drinks, water, clear fluid and fizzy drinks.

Drink as much fluid as you like, but take at least $\frac{1}{4}$ of a pint (150mls) of fluid every hour during the daytime.

At 7pm

Drink the second half of the bottle of Gastrografin (50mls), again this is best done by mixing it with an equal amount of water and some cordial.

On the morning of your scan

Do not eat any solid food. You may drink water.

After the examination you can eat and drink normally.

Further information

If you have diabetes and take insulin and/or gliclazide, please contact the specialist diabetes nurses for advice regarding your medication.

Tel: 01271 322 726

Monday – Friday, 8am – 5.30pm

For female patients:

If there is any chance of being pregnant, please notify the department.

If you take oral contraceptives the diarrhoea may reduce their effectiveness. Continue taking oral contraceptives but use other precautions for the remainder of that cycle.

References

Plymouth, RD&E, Great Western (Swindon), Torquay & Peterborough NHS information leaflets

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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