

Patient information

CT Colonography aftercare

Radiology

Introduction

This guide is to support you after your CT Colonography examination. Please contact the team if you require further information via the details at the end of this leaflet.

After the examination

What should I expect after the examination?

- After the examination you will be shown to the toilet, please do not get dressed yet.
- Immediately after the examination and over the next few hours, you may need go to the toilet more frequently than normal.
- You may experience a dry mouth which is normal after the procedure.
- You will be asked to remain in the department for 15 to 30 minutes after the examination before you are able to leave, if you have been given an injection of contrast medium the cannula will remain in your arm for this time.
- The gas used for the procedure is carbon dioxide and deep breathing will help in removing some of the carbon dioxide gas from your system.
- When you feel comfortable and 15-30 mins has passed one of the CT assistants will take your cannula out and ask you to press on the injection site for a few minutes.
- You may then go back to your cubicle and get dressed.
- You may start eating and drinking as normal, although we do advise a light meal to start with.
- Please drink plenty of fluids over the next 72 hours to keep yourself properly hydrated and to flush the iodinated contrast out of your system.
- You may feel your abdomen is bloated, this should soon pass, and if appropriate you may find relief from a warm bath or a hot water bottle held gently on your tummy.
- Please note: if you do experience any severe pain or discomfort in your abdomen for a prolonged period, sweating or nausea or feel unwell after the procedure please contact your GP and explain you have had a CT Colonography examination.
- If you received an injection of a bowel relaxant called Buscopan you may experience blurred vision, which can be a side effect of this injection. This side effect is short lived, usually 30 minutes. If you do experience blurred vision please make sure your vision has returned to normal before driving.
- We recommend you do not drive for about an hour after the procedure.
- If you experience any swelling, redness or pain around your eyes following the injection of Buscopan please seek medical advice from your GP.

When can I start to eat normally again?

You can eat and drink as normal as soon as the examination has finished.

Can I drive after the examination?

If you have had an injection of medication to help relax your bowel, please do not drive for at least 30 minutes after the examination, as this injection can sometimes blur your vision for a short while.

How soon can I return to work?

Some people are happy to go back to work straight after the examination and others prefer to have a few hours at home. It is completely up to you.

Are there any associated risks?

As with any X-ray, there are very small risks involved due to the ionising radiation used.

There are also small risks associated with the injection of contrast media, which can cause nausea, vomiting, a rash, or sometimes difficulty breathing. In some cases, there may be a delayed rash appearing after three to five days, or swelling around the where the injection was inserted.

These symptoms may require treatment with antihistamines, adrenaline or steroids, which can either be given by our radiology team or your GP if you discover these symptoms after you leave the department.

There is also a very small risk of developing a perforation (small hole) of the bowel – people do not usually develop symptoms or require any treatment. Our radiology team are trained to deal with these complications if they arise. Very rarely, you may require admission into the hospital; if this is the case, our radiology team will make the appropriate referral.

There is a small risk that the muscle relaxant used can trigger glaucoma, if you develop a painful and/or swollen eye, you should attend the emergency department as soon as possible.

How and when will I receive my results?

We are unable to give you the results straight after your examination. Your scan will be reviewed and reported by a consultant radiologist, uploaded to your patient record, and sent to the clinician who referred you for your examination. They will then share your results and the next steps with you.

Contacting the team

If you have any further questions, please call the radiology team on **01279 827179**, Monday-Friday, 9am-4pm.

Your feedback matters

If you would like to give feedback on your care, please contact our patient experience team on paht.pals@nhs.net or **01279 827211**.

Please contact the communications team on paht.communications@nhs.net if you would like this leaflet in another language or format.