

Preparation Sheet for CT Colonography (Virtual Colonoscopy) at Northwick Park Hospital

Please report to the **Northwick Park Hospital X-ray reception desk** bringing this and your appointment letter with you.

Please follow these instructions closely to make sure that your bowel is as empty as possible before the scan. Keeping to this diet will improve the accuracy of this test.

You will need to stay close to a toilet on the day before the examination at all times as the Gastrografin can have a laxative effect which may be extremely effective.

If you are taking iron tablets stop taking them 3 days before your scan.

You should have received a drink of Gastrografin to take as below.

Do not take the Gastrografin;

- **if you have previously had an allergic reaction to intravenous iodine-based contrast (x-ray dye injection)**
- **if you have difficulty in swallowing**
- **if you have an overactive thyroid or Grave's disease**

if so, please contact us.

Please bring a dressing gown or coat with you.

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.

The day before your scan:

Do not eat any solid food. You can have clear soups (e.g. strained chicken noodle soup, vegetable Bouillon), jelly, ice cream, custard, Complan drinks, Bovril and Oxo drinks, and water, clear juices, fizzy drinks, coffee and tea (with milk if preferred).

Drink as much tea or water as you like, **but take at least 1/4pint (150mls) of fluid every hour on the hour during the daytime.**

At 10.00 am:

Drink half the bottle of Gastrografin (50mls) –mix with an equal amount of water. It may be flavoured with fruit juice or cordial.

At 6.00pm: Drink the second half of the bottle of Gastrografin (50mls) – as above.

On the morning of your scan:

Do not eat any solid food; You may drink water or clear sugary drinks.

After the examination: You can eat normally when you have left the department. You may be in the x-ray department for up to one hour.

If you have any queries please contact the relevant number given in your patient information booklet which accompanies this letter.

Appointments will only be changed in cases of emergency.

Preparation plan for Virtual Colonoscopy

3 days before your scan	Stop any iron tablets you may be taking. Continue all other medication and any laxatives you normally take, until you come for your scan.
The day before your scan	Remember to drink plenty fluids. Do not eat any solid food, but clear soups etc. are allowed. 10am take the first dose of Gastrografin as described. 6pm take the second dose of Gastrografin as described.
On the day of your scan	Please do not have anything to eat. You can continue to drink water or sugary drinks.