

CT Enterography is an x-ray procedure that looks at the small bowel. A CT (Computed Tomography) scanner is used to obtain cross sectional images using a combination of x-rays and computers.

A CT scanner is a large square machine with a circular hole, sometimes described as looking like a “donut”, with a table attached.

The procedure is carried out by a Medical Radiation Technologist (MRT) and the diagnosis is made by a Radiologist, a doctor who specialises in diagnosis from x-rays.

The CT Enterography procedure involves:

- Drinking a large volume of liquid in the hour before your scan, this distends your small bowel so that abnormalities can be better seen on the CT images
- An injection of a medication called Buscopan that relaxes the bowel
- An injection of an x-ray dye (intra-venous contrast media), this highlights soft tissue structures, bloods vessels and the bowel wall on the CT images

Preparation for the procedure

Your appointment letter will explain what preparation is required. Please follow these instructions carefully to ensure a successful examination. Contact the Radiology Department if you have any questions.

Can I take my usual medications?

Yes, take all your usual medications.

Diabetic patients

If you are diabetic please contact your GP for advice on how to manage your medication. If you have been given an afternoon appointment and you feel that a morning appointment would be more appropriate please contact the Radiology Department.

Can I bring a friend or a relative with me?

Yes, but for safety reasons they will not be able to be with you while the scan is being taken.

What happens when I arrive in the department

In the hour before your procedure you will be asked to drink a large volume of liquid, this is why we ask you to arrive 1 ¼ hours before your appointment time.

The MRT will ask you some questions on your general health before the scan. We do this to ensure that it is safe for you to have the procedure.

Please feel free to ask our staff questions at any time.

What happens during the procedure?

The MRT will ask you to lie on the scanner table, the table will move into the donut section of the scanner. You will be asked to remain still and hold your breath while the CT images are taken.

When you are on the scanning table you will be given the Buscopan and contrast media injections.

How long does the scan take?

The scan itself will take 10 minutes but you will need to remain in the radiology department for 20 minutes after the scan to ensure the contrast media injection has not caused you any problems. The entire visit to the department will take approximately 2 hours.

What happens after the procedure?

You may resume your normal diet and activities after you leave the department.

You may feel very full because of all the liquid you have drunk and also because the Buscopan injection slows down the emptying of your stomach. You may wish to only have a light meal after your procedure.

The Buscopan injection may cause blurry vision, this is temporary, but **we ask you not to drive or operate machinery for 1 hour after the procedure.**

If you have any concerns after leaving the Radiology Department, contact your GP or go to the Emergency Department.

Seek urgent medical treatment if you experience:

Loss of vision, pain and redness of the eye caused by the Buscopan

[continued]

For emergencies CALL 111 or contact your

- local After Hours Centre
- local Hospital Emergency Department

How do I get the results of my scan?

A report will be sent to your GP and the doctor who referred you for the scan. This is usually available within five working days. Please make sure you have a follow-up appointment with one of them so you can be given the results of your scan. The MRT is unable to give you the results

Are the x-rays used in the CT scan harmful?

The health risk from exposure to medical radiation is vastly outweighed by the benefits. The doctor who referred you for a CT scan has considered this risk and has recommended that you have a CT scan to assist with your diagnosis.

Because x-rays as used for this procedure all female patients between the ages of 11 and 60 years will be asked if there is a chance they may be pregnant or are breast feeding.

Women should inform their doctor or the MRT if there is any possibility that they are pregnant or breast feeding before their scan.

Information about the injected contrast media

What is x-ray contrast media?

This is a colourless liquid injected through a needle placed in a vein usually in your arm or hand. Contrast media helps to highlight areas of your body, especially soft tissue structures, the bowel wall and blood vessels.

Are there any side effects?

The contrast media used is the safest and best tolerated available. People frequently describe a warm / flushed sensation over their body and a metallic taste in their mouth. This is normal and lasts only a few minutes.

Can I have an allergic reaction to contrast media?

As with all medications there is a risk of an allergic reaction to the contrast media

Minor reactions include skin rash, nausea or vomiting. These are temporary and usually need no special treatment.

Are there any other risks from having the contrast injection?

Very occasionally contrast media can be injected into tissues surrounding the blood vessels rather than into the vein in which the needle was placed. This is rare and generally needs no further treatment.

With some patients the use of contrast media can affect kidney function, if you are felt to be at risk this will be discussed with you at the time of your appointment

More serious reactions, although much less likely, may include breathing difficulty, swelling of the throat, or other parts of the body. Trained professionals, emergency equipment and drugs are always available for prompt treatment in response to this type of reaction.

If you have the contrast media injection and you start to notice changes in the way you feel, tell the MRT immediately

What if I have had a previous serious allergic?

Contrast media may not be suitable for you.

Are there any risks?

CT Enterography is a very safe procedure but as with all medical procedures there are risks.

Risks include:

- allergic reaction to the injected medications.
- radiation dose: as discussed previously

If it is felt that the scan or the contrast media injection places you at risk we will discuss this with you and we may ask you (or your power of attorney / legal guardian) to sign a consent form.

Valuables

There are no lockable facilities in Radiology. We strongly recommend that any valuables are left at home. Please be aware that CCDHB does not take responsibility for any loss or damage of personal property belonging to patients whilst on CC DHB premises

Comments/Complaints

If you have any comments or suggestions please tell one of the staff before you leave, or you can contact the Consumer Experience Facilitator (Ph: 04 806 0724)