

# **COMPUTED TOMOGRAPHY (CT) SCAN**

## **Introduction**

We have received a request from your referring doctor for you to have a CT scan. This leaflet is designed to give you some information about the CT scanner, to help you prepare for your scan and to give you some idea of what to expect when you attend.

Your doctor has decided that this is the appropriate examination to investigate your condition. Any alternatives should have already been discussed with you.

## **What is a CT scan?**

Computed tomography (CT) is a method of obtaining highly detailed pictures of the inside of your body. A rotating x-ray tube inside a large doughnut shaped gantry and a computer are used to produce cross-sectional pictures. The pictures are displayed on a TV monitor and can be examined by a Radiologist (x-ray doctor).

## **What are the benefits from having a CT scan?**

Your problem can be diagnosed quickly and accurately.

## **On the day of the scan.**

On the day of the scan you may eat and drink as usual. Please take your medication as normal with the exception of those containing Metformin, please see the section regarding diabetes further on in this leaflet.



## What happens when I arrive in the department?

Please report to the reception desk where your personal details will be checked to ensure our records are up to date. Depending on what part of your body we are scanning, you may be asked to drink some fluid up to an hour before your scan. This helps to show up the stomach and bowel more clearly.

## What happens during the scan?

You will be taken into the room and made comfortable lying on the couch. A needle may be placed into a vein in the arm. This enables contrast medium (a dye) to be injected into the bloodstream which will highlight certain areas of your body. The couch will be moved slowly to position the part of your body under investigation within the doughnut. You will be asked to stay as still as possible as otherwise the scan pictures may be blurred. The scan can take about 10 – 30 minutes depending which part of your body is scanned. You may be delayed as priority is given to emergency patients.

## What happens after the scan?

There are no after effects from the scan, so you can return to your normal activities as soon as the scan is over.

The pictures from the scan are studied by a Radiologist (x-ray doctor) who sends a report to the doctor who requested the scan.

## Are there any risks?

There are the usual slight risks associated with ionising radiation, and also from the injection of contrast medium. **In particular, female patients who are, or might be pregnant must inform a member of staff in advance.**

All X-ray procedures involve exposure to radiation in varying amounts. We are all exposed to small amounts of radiation from the atmosphere throughout our lives. Any amount of diagnostic radiation can add slightly to the normal risk of developing cancer. In all X-ray examinations, the amount of radiation is kept to the minimum necessary. Unfortunately, one in three of us are liable to develop a cancer at some stage during our lives, so the added risk from this test is very small indeed. This risk has to be balanced against the possibility of missing a serious disorder by not having the test.

The injection you have for this test is generally very safe. Literally thousands of people have this injection in X-ray departments every day. However, with every injection of the contrast medium, or dye, there is a risk of a reaction. It is not uncommon for people to feel a little bit warm as the contrast medium flows around the body. Some people may develop



a rash, and a few people may get a mild asthma attack. Very, very rarely someone gets a severe allergic reaction, similar to that with, for example, peanut allergy.

The Doctors and Radiographers in the X-Ray department are trained to recognise these reactions, and to treat them. Also, should it be necessary, other Doctors are close at hand. If you have a history of severe reactions to drugs, or have a severe allergy, you may be advised to have a short course of steroid tablets, or an injection, to reduce the risk of a reaction.

### **If you are diabetic**

If you are diabetic and taking Metformin please stop taking it 24 hours before your examination. You may start to take it again 48 hours after the examination. **Please continue to take any other diabetes medications.**

### **If you are pregnant**

**It is essential that any woman, who is pregnant, should notify the Radiology Department in advance.** You might not be able to have this examination and some other procedure might have to be adopted.

If you are still having periods and your appointment is for a scan including the abdomen this should be done within 10 days of the start of your period; if it is not you **MUST** contact the department in advance.

### **How do I get my results?**

The results will be sent to the doctor who sent them for this examination and you can discuss the report with them when you next visit. An appointment will be sent to you if you came as outpatient. If your GP sent you, you need to make an appointment to see them about two weeks after the examination.



## **If you have any questions**

If you have any questions about the CT scan, please ring the department on 0161 922 6653 between 9am and 5pm, Monday to Friday or write below and bring this leaflet with you.

## **Source**

In compiling this information leaflet, a number of recognised professional bodies and accredited good practice guidelines have been used.

**Should you have a visual impairment, this leaflet can be made available in bigger print or on audiotape. If you require either of these options, please ring 0161 922 6653.**



## Language, Interpretation and Patient Support Service (LIPS):

If you require an interpreter to assist your appointment, please ask an appropriate family member to contact our central booking office between **Monday to Friday 8am to 5pm** on **0161 922 6991** to arrange this for you.

### 語言翻譯及病者支持服務 (LIPS)

如果閣下需要翻譯員在您的預約當日幫助您的話 請找一名合適的家庭成員 **0161 922 6991** 聯絡本中央預約辦事處來您您安排 我們的辦公時間是星期一至星期五 上午 8 時至下午 5 時

### Językowo Tłumaczeniowa Usługa Pomocy dla Pacjenta ( *Language, Interpretation and Patient Support Service LIPS*):

Jeśli potrzebujesz pomocy tłumacza w trakcie swojej wizyty, proszę poprosić odpowiedniego członka rodziny o skontaktowanie się z Centralnym Biurem Zamówień (*Central Booking Office*), w celu zorganizowania tłumacza pomiędzy poniedziałkiem a piątkiem w godzinach od **08:00 - 17:00** pod numerem **0161 922 6991**.

لینگویج، انٹرنپرائیٹیشن اینڈ پیڈیشنٹ سپورٹ سروس (لپس) (Lips)

اگر آپ کو اپنی اپائنٹمنٹ کے لئے مترجم کی مدد کی ضرورت ہو تو براہ مہربانی اپنے خاندان کے کسی موزوں فرد سے کہیں کہ وہ ہمارے سنٹرل بنگ آفس سے پیر سے بعد 8.00 بجے صبح سے 5.00 بجے شام کے دوران 0161 922 6991 پر فون کر کے اس کا بندوبست کریں۔

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