

## Patient information

# Computerised Tomography (CT) Colonography Appointment Laxative (PlenVu) and Omnipaque Preparation

### Imaging Department

Your clinician has advised that you have a CT Colonography with laxative and omnipaque bowel preparation. Bowel Preparation (cleansing) is needed to perform an effective procedure.

#### **This leaflet contains information about:**

- When you should take the bowel preparation.
- How to make up the bowel preparation.
- When you can eat and drink.
- What you can eat and drink.
- What food and drink to avoid.
- Instructions on taking your medication.
- What to do if you have diabetes.

#### **Preparing for your test: (full instructions on next page, please follow these as closely as possible)**

- If you are taking **iron tablets stop taking them four days before your scan**  
**Or** from the date your appointment is made if at short notice.
- Continue taking all other current medication as normal. **Avoid taking medications one hour either side of drinking your dose of PlenVu** (laxative detailed below).
- The success of the examination depends on your bowel being as clear as possible. If it is not, the examination may have to be repeated. You will need to stay close to a toilet after starting the laxative.
- Omnipaque must be taken as this highlights any residue left in the bowel.
- Do not take the omnipaque if you are allergic to iodine or X-ray dye, or if you have difficulty in swallowing, or if you have an overactive thyroid or Grave's disease.  
**Please contact us if this is the case.**

**If you have diabetes please ensure you read the information on page 4**

The following instructions must be carried out. Your appointment will have to be cancelled if this is not done:

**TWO days before your scan appointment:**

Two days before the test you should only eat low residue food. Please see the food you are allowed and the foods you should avoid in the table below:

	<b>Foods Allowed:</b>	<b>Do Not Eat:</b>
<b>Starchy Foods</b>	White rice/Cous cous/ White Bread /Pastry (white flour)/Croissants ( white flour)	<i>Wholemeal or granary bread/ flour/wholemeal pasta/brown rice/pearl Barley/quinoa</i>
<b>Breakfast Cereal</b>	None	<i>Avoid all cereals e.g. Branflakes/Weetabix/ Shreddies/ etc. Also Porridge and Muesli/all containing dried fruit/nuts</i>
<b>Dairy</b>	Milk (including vegan alternatives such as soy, almond and rice), yoghurts (smooth), Cheese, butter/ margarine	<i>Yoghurts or cheeses containing fruit/nut pieces</i>
<b>Meat, fish and eggs (including vegan)</b>	White meat, fish and poultry, all eggs Tofu Seitan	<i>Red meat or fish No meat that is tough or gristly/skin. No bones of fish and chicken/pies/egg dishes containing vegetables</i>
<b>Vegetables</b>	Potatoes without skin, boiled/mashed/chips, Crisps	<i>Vegetables/salad, baked beans, split peas/lentils, peas, sweet corn, celery, all seeds, tough skins, potato skins</i>
<b>Fruit</b>	None	<i>Avoid all fruit</i>
<b>Nuts</b>	None	<i>Avoid all nuts</i>
<b>Desserts and sweets</b>	Sponge cakes without fruit or nuts/custard/ice cream/jelly/rice pudding/semolina/ chocolate without fruit or nuts/boiled sweets/Rich tea biscuits/smooth yoghurt	<i>Puddings/cakes/biscuits made with wholemeal flour, dried fruit or nuts. Chocolate or toffee with dried fruit or nuts/ popcorn/marzipan/ digestive biscuits/ marmalade with peel or jam with seeds</i>
<b>Other</b>	Clear soups, spices, pepper, stock cubes, tea, coffee, squash, mar-mite, honey, shredless/ seedless Marmalade or jam.	<i>Lentil/vegetables soups, pickles/chutneys, horse-radish, relish</i>

**Have plenty to drink** from tea, coffee, squash, fizzy drinks, water, clear fruit juices (e.g. apple, grape, cranberry)

**Suggested meals** could include for example:

**Breakfast:** White bread/toast with butter and honey, Boiled or poached egg.

**Lunch/ Dinner:** Grilled fish or chicken with white rice and boiled potatoes (no skin)

Scrambled eggs on white toast, vanilla ice cream

## Read the following instructions carefully for your appointment

<b>The day before your procedure:</b>	
<b>We have enclosed PlenVu (Sachet 1 and Sachets A&amp; B) and a bottle of Omnipaque to be taken.</b>	
<b>08.00am (08.00 hours)</b>	<p>You can eat a light breakfast following the low residue diet listed above.</p> <p><b>After this do not eat any solid food.</b> Your bowel needs to be empty for your procedure.</p> <p><b>You can drink any of the fluids from this list; water, clear fizzy drinks, Lucozade, clear soup, dilute drinks, tea and coffee without milk, Bovril, Oxo.</b></p>
<b>12.00pm (12.00 hours) Sachet 1 of PlenVu</b>	<p>Add <b><u>Dose 1 Sachet</u></b> of Plenvu to a 500ml jug. Add 500mls of water and stir until dissolved. Sip slowly over 60minutes. Make sure you stay close to a toilet following this as the fluid may have a laxative effect.</p> <p><b>Do not</b> take any additional laxatives that have not been prescribed for this test.</p>
<b>Lunch</b>	<p>You can have clear soups or jelly (<b>not red or blackcurrant</b>). Remember to drink plenty of clear fluids.</p>
<b>4.00pm (16.00hours) Sachets A&amp;B PlenVu</b>	<p>Make up <b><u>Dose 2 (Sachets A &amp; B)</u></b> of Plenvu to a 500ml jug. Add 500mls of water and stir until dissolved. Sip slowly over 60minutes.</p> <p>Make sure you stay close to a toilet following this as the fluid may have a laxative effect.</p>
<b>7.00pm (19.00hours) Omnipaque (X-ray dye)</b>	<p>Drink the bottle (50mls) of Omnipaque. It says on the bottle it is an intravenous solution but it is also safe to drink. It has a slightly metallic taste and can be added to cordial or water if needed.</p>
	<p>The preparation will have a laxative effect in most patients. The omnipaque contains iodine which highlights any faeces left in the bowel and helps us to make a diagnosis.</p>
<b>The day of your procedure</b>	<p><b>Do not eat anything before your procedure.</b> You may drink clear or sugary drinks.</p>

### **Risks/Side Effects of the Bowel Preparation:**

- Some patients experience nausea, vomiting or abdominal pain. This can be associated with dizziness. If these occur, please lie down and they should pass. Some stomach cramping is normal.
- You might like to use barrier cream (such as petroleum jelly) to prevent a sore bottom.
- **If you vomit up the bowel preparation at any time or have any other concerns, please contact us directly. See next page for contact details.**

### **Additional Information for Patients with Diabetes:**

The diet information provided is suitable for both diabetic and non-diabetic patients.

If you have not been given a morning appointment please contact the Appointments Office on Tel: 0151 706 2759 Text phone Number: 18001 0151 706 2759.

If you take insulin, then please take this as instructed by your diabetes nurse.

If you normally monitor your blood sugar then please check it every two hours.

- If you feel dizzy, sweaty or irritable (hypo) take two to three teaspoons of sugar or six glucose tablets or one glass of Lucozade.
- You should feel better immediately, if not repeat the above. If symptoms persist, seek medical advice.

### **On the day of the scan:**

- **Do not** take morning doses of diabetic tablets until after the examination. Please take all other tablets as normal.
- Continue with clear fluids, some of which may contain sugar.
- Following the procedure if normal eating and drinking resumes you can restart your diabetic medication as normal.

### **Your scan**

You will have received an additional patient information leaflet with the date and time of your appointment and details of the scan. Please contact us on the number below if you have not received this.

### **Further information**

**If you have any further questions, or require further information, please contact the Appointments Office:**

**Tel: 0151 706 2759**

**Text phone number: 18001 0151 706 2759**

### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your Outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the

time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

**Author: Imaging Department**  
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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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