# Information/Preparation For

# CT Enterography

## What is a CT Enterography?

Computed tomography (CT) enterography uses special x-ray equipment and an injection of contrast material after the ingestion of liquid to produce detailed images of the small intestine and structures within the abdomen and pelvis.

It's often used to identify and locate problems within the bowel, such as inflammation, bleeding, obstructions and Crohn's disease.

CT scanning is fast, painless, noninvasive and accurate. CT enterography is better able to visualize the entire thickness of the bowel wall when compared to other small intestine imaging procedures.

## What preparation is required?

Please inform staff if you have any heart problems, glaucoma or allergy to Buscopan

***Please follow the below low residue diet for 24hrs before your appointment***

Do not eat for 6 hours before appointment (if diabetic 4hours) and have regular sips of water to stay hydrated.

You will be drinking 1.5 litres of metamucil over an hour period prior to your scan.

## What happens during the procedure?

Before the test, you will be drinking 1.5 litres of metamucil over an hour period before your scan. This metamucil will help the radiologist better see your small intestine on the CT scan.

After you have finished drinking the metamucil solution, you will lie on a table. As you lie on the table, it will slowly move through the CT scanning machine to capture the X-ray images.

While the scanning is being performed, a different type of contrast will also be injected into a vein in your arm.

You will be asked to hold your breath for brief periods while the machine is scanning. The procedure is painless, but you will have to lie still for a period.

## How long does the procedure take?

The scan is extremely quick, but preparation and observation before and after the scan means that you should expect to be in the radiology department for up to 1-2 hours.

## What documentation is required?

Bring your referral and any relevant previous xray images for comparison. Also bring your Medicare card, Pension or Healthcare card or Veteran's Affairs card details if applicable. Also:

- A list of any medications you take (including vitamins and herbal preparations)
- Asthma puffer; if asthmatic (take as prescribed)
- Wear two piece outfit, shirt and trousers.

## Can I drive home after the procedure?

Usually you can go about your normal activities. However, in rare circumstances you may need assistance.

## What are the potential side effects?

Reactions to the IV contrast agent are rare and usually minor eg mild rash, sneezing, itchiness and hives. If you have had a previous allergic reaction to contrast agent or you have a strong history of allergy to other things (like foods, pollens or dust), you should inform us before having the procedure.

The Radiologist (Doctor) is at hand at all times supervising the procedure.

## What do I do after the procedure?

The CT Enterography procedure doesn't cause any lasting side effects. You won't need recovery time because the test doesn't require any incisions or sedation.

The metamucil is known to have a laxative effect in some, so bear this in mind when planning the remainder of your day. Otherwise you can resume your regular activities as soon as the procedure is completed.

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**Low Residue Diet:**

| Food Group | Allowed | Not Allowed |
|---|---|---|
| **Carbohydrates** | White rice, white spaghetti, white bread | Wholemeal bread or wholemeal products, cereals or muesli |
| **Vegetables** | None | All |
| **Fruit** | None | All |
| **Dairy** | Polyunsaturated margarine, skim milk (limited to 2 cups per day) | Whole milk/cream or foods made with them eg cheese, yoghurt |
| **Protein** | Lean meat or chicken, eggs, fish | Nuts, seeds, processed meat |
| **Desserts** | Jelly, junket, pancakes, pikelets, plain scones | Ice cream |
| **Beverages** | Water, tea, coffee, clear soup, strained fruit juice (no pulp), fruit flavoured cordial | Carbonated drinks, any drinks coloured red or purple |
| **Miscellaneous** | Honey, vegemite, mild herbs/spices | |

**Fluid intake**: It is **extremely important** to drink at least 1-1½ litres of water each day. Adequate fluid intake decreases the discomfort often associated with this preparation.

**Medication**: It is **extremely important** to continue taking your prescribed medication.