

Patient Information

Radiology

CT Non-contrast scans - information leaflet

You have been advised by your doctor to have a computerized tomography (CT) scan. This leaflet will explain what the examination involves.

It may not answer all your questions, so if you have any queries or concerns, please do not hesitate to call the telephone number on your appointment letter.

If you feel unhappy with any part of your care, please ask to speak to the Superintendent Radiographer.

Please read this leaflet carefully to ensure you successfully prepare for the examination.

Please contact the X-ray Department if your weight is equal to or more than 157 Kg (24.5 stone), so we can ensure you are scanned on the correct scanner.

What is a CT scan?

A CT scan is an X-ray examination that gives much more information than a normal X-ray. It produces detailed cross-sectional images of your organs and bones.



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The examination will be performed by a radiographer who will be assisted by a Radiology Department assistant. The procedure may take up to 30 minutes.

Points to remember

- Please bring any sprays or inhalers that you are taking with you to your appointment.
- **Please arrive in the department at least 15 minutes before** your appointment time. This is so that we have time to go through your safety questionnaire and get you appropriately changed for your examination.
- If you are on medication from your doctor, please continue to take it as normal.
- We also ask you to leave any valuable possessions at home.

Preparation

There is no special preparation required for this examination.

What will happen when I arrive?

- On arrival at the Radiology/X-Ray Department, please report to the reception desk. From here, you will be directed to the **CT/MRI** Department reception and waiting area.
- If necessary, you will be asked to undress and put on a suitable gown. Please feel free to bring your own dressing gown.
- A member of the CT staff will go through your answers to the enclosed safety/consent questionnaire with you.

During the examination

You will be taken into the X-ray room where the examination will be explained to you. You may ask any questions that you have about the examination.

You will be asked to lie still on the X-ray table, either on your front (prone) or your back (supine), depending on the part of the body to be scanned.

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The radiographer will move the table into the scanner, and you will be asked to lie still whilst a short 'scout' scan is taken. This takes a couple of seconds, during which time you may be asked to hold your breath.

There will be a few minutes delay whilst the radiographer programmes the full scan.

The full scan will take a little longer to complete, and you may be asked to hold your breath again whilst it is done. If you have any difficulties holding your breath for about 20 seconds, please inform the CT staff.

Sometimes, even though contrast initially would not have been required based on the referral notes provided by your doctor, the radiographer might decide during your scan that an IV injection of contrast would help the radiologist to make a better diagnosis.

If you are over the age of 65, we need to know how your kidneys are functioning before we give an injection of contrast. In these instances, we will look on our hospital system to check whether an e-GFR result is available. If there is no result available, it is unlikely that your scan will be completed at that time.

Your contrast scan will be scheduled giving you time to get an up-to-date e-GFR test done.

Once the scan is complete, you will be assisted back to the changing rooms or waiting area, where you may get dressed and/or go home.

Risks of the procedure

X-rays are a type of radiation. We are all exposed to natural background radiation every day of our lives. This comes from the sun, the food we eat, and the ground. Exposure to X-rays carries a small risk, but your doctor feels that this risk is outweighed by the benefits of having the test. We will take all precautions to minimise the X-rays you receive.

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Safety note for patients aged 12 to 55 years

CT abdomen, pelvis, lumbar spine and sacrum

To ensure there is no possibility you are pregnant, your appointment date must be within the first 10 days of the start of your period. Please contact the X-ray Department to rearrange your appointment if this is not the case.

When you attend your examination, you will be asked for the date you started your last period.

If you no longer have periods, or there is no chance you may be pregnant, (for example, you have had a hysterectomy) you should keep your original appointment.

When you attend your examination, you will be asked to confirm there is no possibility that you are pregnant.

Patients aged 12 to 55 years (for all examination between diaphragm and knees):

- The risks of radiation are slightly higher for your unborn child, so you will be asked to confirm that you are not pregnant before an examination can proceed.
- To ensure there is no possibility you are pregnant, your examination should be performed within the first 10 days of the start of your menstrual cycle.
- If you are outside of this window, we ask that you read and complete the Confirmation – 'I am not pregnant' form which is attached before attending your appointment.
- Should you have any doubt, we advise that you take a pregnancy test to confirm.
- If you have any questions or require more information, please contact the CT department on 02476 966952 (Monday to Friday, 9am to 5pm) and ask to speak to the bookings clerk in advance of your appointment date.

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After the examination

There are no aftereffects following this procedure. You may return to work or go home, and you can eat and drink as normal.

How do I get the results

The results will not be given to you immediately. They will be sent to the doctor who referred you to us for this examination once a formal report has been generated.

Other sources of information

For information about the effects of X-rays, read the NRPB publication: “X-rays: how safe are they?” on the Health Protection Agency website: www.hpa.org.uk

If you have any other questions, please contact the CT Department on 024 7696 7090.

Please note that the views expressed in these websites do not necessarily reflect the views of UHCW NHS Trust or the NHS.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the telephone number on your appointment letter and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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Did we get it right?

We would like you to tell us what you think about our services. This helps us to make further improvements and to recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



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Patient ID sticker

Confirmation – ‘I am not pregnant’

The hazard associated with the irradiation for an unborn foetus has been explained to me as follows.

There is a small (1 / 1000 to 1/ 100 000) risk of developing childhood cancer from prenatal exposure to radiation. This is considered to be a low risk.

If you can say ‘yes’ to any one of the statements in the table below, we consider it very unlikely that you are pregnant.

If you **cannot** say yes to any of the following statements, or **you are in any doubt**, you are advised to take a pregnancy test to confirm that you are not pregnant before proceeding with the test.

***IMPORTANT INFORMATION:** The combined oral contraception pill is considered to be highly reliable if taken exactly as described within the drug patient information leaflet. It may become unreliable if doses are delayed/omitted, if the patient suffers from diarrhoea / vomiting or it is taken with certain antibiotics

<ul style="list-style-type: none">I have had a hysterectomy or I am sterilised or I am infertile and not having infertility treatment.
<ul style="list-style-type: none">I have not missed a period and I have not had sexual intercourse since the beginning of my last period.
<ul style="list-style-type: none">I use a highly reliable form of contraception e.g. injection / implant/ coil.
<ul style="list-style-type: none">I use the combined oral contraceptive pill as described in the patient information literature provided in its packaging *see
<ul style="list-style-type: none">I am post-menopausal and I have not had a period for two years and I am not undergoing fertility treatment
<ul style="list-style-type: none">Young person and not yet started periods
<ul style="list-style-type: none">I have not missed a period and I have had a negative pregnancy test since last sexual intercourse
<ul style="list-style-type: none">I am currently undergoing radiotherapy to my pelvic region

I understand that this document will be kept by the UHCW Radiology Department. I wish to proceed with my examination today **and I am certain, for one of the reasons listed above, I am not pregnant.**

PATIENT’S SIGNATURE.....

DATE.....

RADIOGRAPHER’S SIGNATURE.....

On completion of this form, it must be scanned onto Soliton within the patients’ examination information