

Information about your CT Scan

CT Scanning Department

Diagnostics, Therapeutics & Central Operations

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.



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Information for patients and visitors

Introduction

Your doctor has asked us to arrange a CT scan for you.

Please read the information below, which should explain about your scan.

What is a CT Scan?

A CT scanner uses x-rays to give us pictures or “slices” through your body.

This gives the doctors very detailed information about the inside of your body.

The scanner looks like a large polo mint, or doughnut, and your body will pass through the scanner, although you will not be inside the scanner for more than a few minutes at a time.

The scanner can be quite noisy; this is very similar to the noise made by a washing machine.

What does it involve?

You will be asked to lie flat on the scanner bed; once we start taking the scans it is important to keep very still, but we will do our best to make you comfortable before we start the scan.

You may be asked to undress, and wear one of our gowns. This will depend on the part of body we are scanning, and the clothes you are wearing.

If you have jewellery around the body area being examined, you will normally be asked to remove this before the scan.

If you wear a bra – a non under wired version would be preferable.

Before you come for your scan

You may eat normally up to 3 hours before your scan appointment.

You may drink normally before your scan.

If you have any severe allergies or renal failure please contact us before attending for your appointment.

Women of childbearing age

Please inform us before you attend if there is any chance that you could be pregnant, or are breastfeeding.

Preparation

For some scans you may need to have an injection of dye, which will help to show the blood vessels and organs more clearly. There should be no side effects; however we ask that you wait up to 15-20 minutes after your examination for our staff to observe you before you leave.

You may also need to drink some liquid for 30-60 minutes before your scan. This will be either water, or a very dilute dye, which will help to show your stomach and bowel on the scans.

Who will do the scan?

The person who carries out the scan, and performs the injection if needed, is the Radiographer.

He or she will explain the procedure, and show you how to position yourself, and will make sure you are comfortable afterwards, and ready to return home.

How long will it take?

A straightforward head or sinus scan can be as quick as a couple of minutes.


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A body scan usually takes between 5 and 15 minutes – but you may need to drink some dye over the course of an hour before your scan, so you may be in the department for up to 1 hour 30 minutes.

Some specialised scans take longer than this, but you will receive a separate information sheet for these scans.

Please note that we will always try to keep to appointment times, however sometimes emergency cases arise, which may lead to delays. If this happens, you will be kept informed, and if necessary you may be offered an alternative appointment.

What about Claustrophobia?

The scanner is quite open, and most people do not feel claustrophobic while having their scans.

If you have any concerns, please inform us when you receive your appointment. We can arrange for you to come to visit the scanner to put your mind at rest. If you are worried when you arrive, please tell us, and we will do our best to reassure you.

Please note – we will not force you to have the scan against your will, you can ask us to stop at any time if you want us to.

Should I bring somebody with me?

You do not need to bring anybody, but it is fine to do so if you prefer.

Please note – we have a limited waiting area, so if you bring more than 1 person, they may not be able to sit with you – they may need to sit in our main waiting room.

What happens next?

The Radiographer will advise you when you can leave the department. If you are diabetic

and take Metformin (Glucophage), you may need a follow up blood test. The radiographer will inform you if this is necessary after your scan.

How will I get my results?

Your scans will be examined by a Radiologist (x-ray doctor) who will interpret the images, and send a report back to the doctor who referred you for the scan.

If this was a hospital doctor, you should receive an appointment for the clinic to come back and get the results of your scan.

The results will only be sent back to your GP if they referred you directly for the scan.

How can you help us?

Please inform us immediately if you are unable to attend, so that we can rearrange your appointment, and offer this one to another patient.

Whenever possible we will try to make an appointment at a time that suits you; please note that some more complex scans can only be done at certain times, but we will do our best to accommodate you where possible.

Benefits and Risks

This type of scan allows the Doctors to see the inside of your body, which will help them to diagnose and treat your complaint.

The scanner uses x-rays to get the pictures. This is a form of radiation similar to what you would have at an airport, or the background radiation you receive from flying. Because it is a higher dose than ordinary x-rays, we try to limit the amount of scans you have.

The doctors take this into account when they decide what investigations you need, and you have been sent this appointment


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because the doctor feels that this is the best test for you and your condition.

There is a small chance that some people may be allergic to the dye we use. **If you have any severe allergies or renal failure please contact us before you attend for your appointment.**

Contact details

If you have any queries about the examination, please contact the CT radiographers on:

CT Dept. Grimsby - 01472 875400

CT Dept. Scunthorpe - 01724 290098

Concerns and Queries

If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital

Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email:
nlg-tr.PALS@nhs.net

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse

The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.



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Moving & Handling

The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, please speak to a member of staff in the ward or department you are visiting.

Northern Lincolnshire and Goole NHS Foundation Trust

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Grimsby
01472 874111

Scunthorpe General Hospital
Cliff Gardens
Scunthorpe
01724 282282

Goole & District Hospital
Woodland Avenue
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