

Bowel cancer screening: having a CTC scan

An **easy guide**



Call free for advice: **0800 707 60 60**

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This leaflet is about having a test called a CTC scan.

Your doctor thinks you need a CTC scan to look inside your bowel.



A scan will tell us if your bowel is healthy.

YES

NO



You can choose whether you have a scan or not.

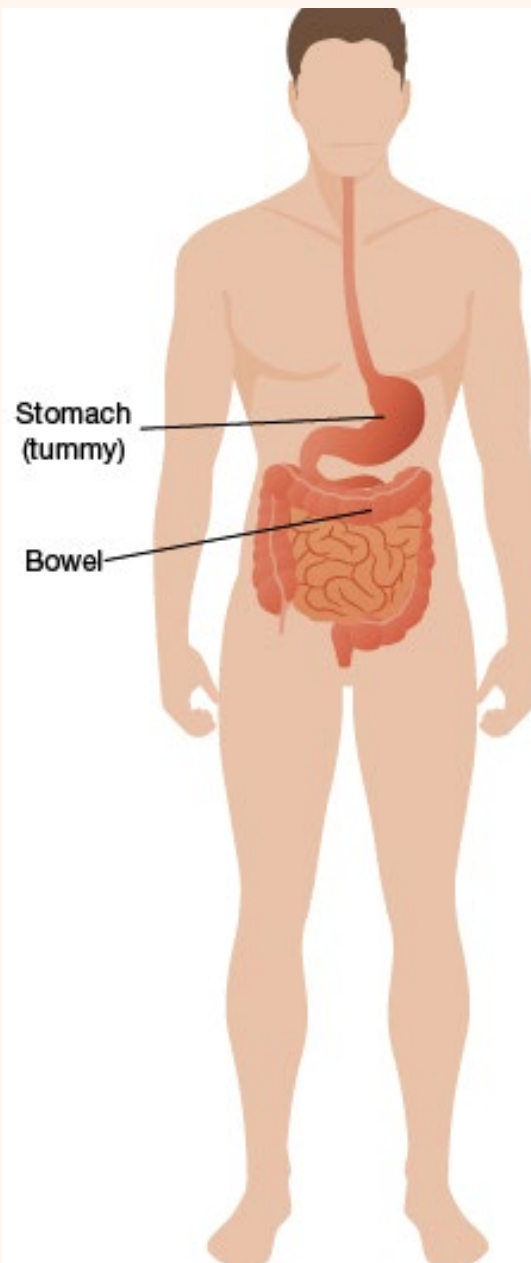
The bowel

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We want to look inside this bit of your body (tummy).

This is where your bowel is.



A scan looks inside your bowel.

Your bowel is inside your body.

It connects your stomach (tummy) to your bottom.

The bowel takes away waste your body does not need.

This is called poo.

A scan can help find bowel cancer.

Bowel cancer is a serious illness you can die from.

Getting ready for your scan

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Your appointment letter will tell you everything you need to know about getting ready for a scan.



Call 0800 707 60 60 before your appointment if you are not sure of anything.

If you have diabetes



If you have diabetes, you need to follow the special instructions on the information sheet.

Getting ready for your scan

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We will give you a list of foods you should not eat 2 days before your scan.



Foods to avoid in the 2 days before your scan are:

- fruit and vegetables



- brown bread



- brown rice

Getting ready for your scan

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We will send you a special medicine to take before the scan.

You add it to water and then drink it.

It makes you need to go to the toilet to do a poo.



You will get a letter to tell you when to take the medicine.

The medicine cleans your bowel, so we can see inside it better.



The drink will make your poo more runny than normal.

It is a good idea to stay near a toilet soon after drinking the medicine.

Arriving for your scan

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We do the scan in hospital.

You can bring a friend or a carer with you if you like.



If you need help, we will show you where you need to go.



We will take you to a room and you will put on a hospital gown.

You will need to take off your trousers or skirt and underwear.

Your gown will cover you up.

Having the scan

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We will take you to a different room where the scan will take place.

We will ask you to get onto a special bed.



We will ask you to lie on your side and get comfortable.



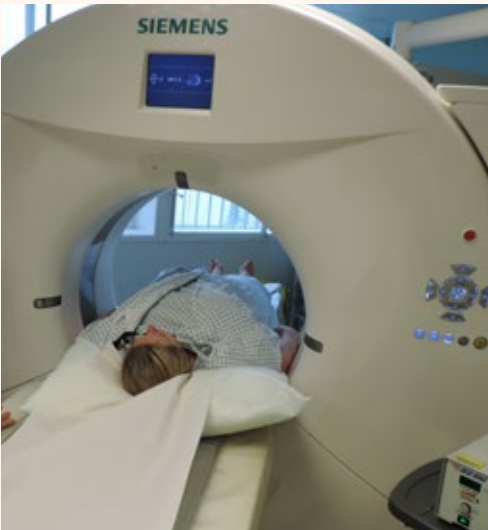
We gently put a thin tube up your bottom.

We put some gas through the tube to make your bowel a bit bigger so we can see inside it easier.



Someone will help make sure you are comfortable.

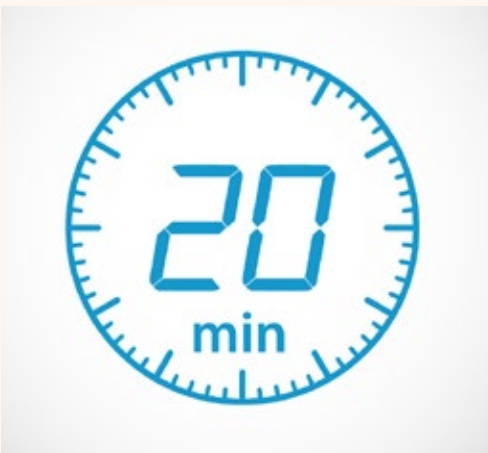
The bed slides into the scanning machine.



We will leave you alone in the room for a short time.

We will be nearby while you have your scan.

There will be some noise from the machine, which is normal.



You can let us know if you want us to stop at any time.

The scan usually takes about 20 minutes.

After the scan



We gently take the thin tube out of your bottom when the scan is finished.

This might make you want to break wind (fart), which is ok.



We will ask you to go to the toilet.

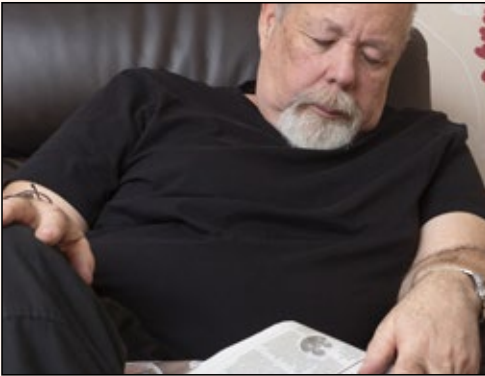
After the scan



You will get dressed.

You will have time to ask questions.

You are free to go home.



You will probably feel more tired than normal when you get home.



Your tummy might feel a bit bigger than it usually does (bloated).



We need to look at the pictures of the inside of your tummy carefully.

This means you will not get your results on the day of your scan.



You will get a letter soon after to tell you what your scan showed.



If you need more tests, the letter will tell you about them.

You can ask a carer to help you understand the letter.



Most scans are safe.



There is a small chance a scan can miss a bowel cancer.

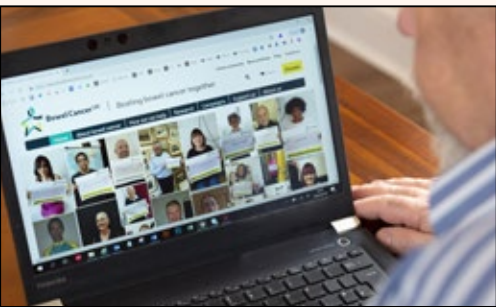
If you have questions or need more information, you can:



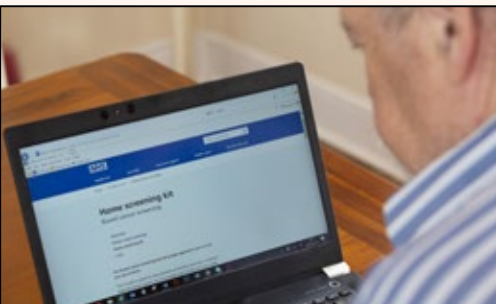
- call free on **0800 707 60 60**



- book to see your doctor



- visit **bowelcanceruk.org.uk/about-bowel-cancer/diagnosis/further-tests/**



- visit **www.nhs.uk/conditions/ct-scan**

The NHS screening programmes use personally identifiable information about you to ensure you are invited for screening at the right time. Public Health England also uses your information to ensure you receive high quality care. You can find out more about how your information is used and protected, and your options, at **www.gov.uk/phe/screening-data**.

To opt out of screening, see **www.gov.uk/phe/screening-opt-out**.

