NHS
Blackpool Teaching Hospitals
NHS Foundation Trust

Having a CT Scan (Non-Contrast Study)

Patient Information Leaflet

What is a CT scan?

A CT scan, also known as Computerised Tomography, is an X-ray examination that produces detailed cross-sectional images of your internal organs, blood vessels and bones.

Preparation for your scan

Please read and follow the below instructions:

Eating and Drinking

You can eat and drink as normal.

Medication

Please continue to take all medication as normal unless advised otherwise.

Who will be doing the examination?

Your scan will be carried out by Radiographers, who are health care professional that specialise in producing diagnostic images.

On occasions a student radiographer may also be present. If you wish you can request that the student not be present during your examination.

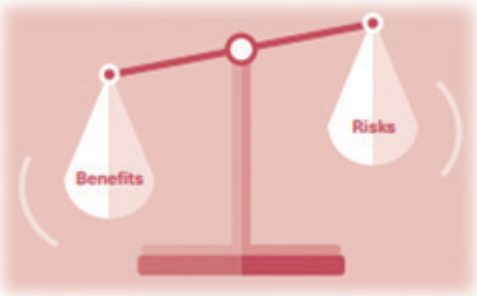
What will happen on the day?

- You will need to book in at the CT reception desk when you first arrive for your scan.
- When it is time for your appointment, you will be asked to change into a hospital gown. You may be asked to remove some jewellery (this may be best left at home, as the Trust cannot accept responsibility for lost or stolen items).
- If you are having a scan of your abdomen, you may be asked to drink up to 1 litre of water when you arrive, or sometimes beforehand if telephoned. This is to fill the bladder, stomach and other organs and improve visualisation of structures on the scan.
- You will be taken into the scan room and asked to lie down on the CT scanner bed
- The scan itself will take approximately 10 minutes.
- During your scan there will be breathing instructions for you to follow; you may be required to hold your breath for up to 15 seconds.
- After the scan has been completed you are free to go home.
- The whole process will take approximately 45 minutes from beginning to end. There may be a small delay if emergency scans disrupt the appointment times.

How will I get my results?

- The results of your scan will not be given to you immediately after the scan.
- The images are interpreted by a Radiologist and sent back to your Consultant who referred you for the scan.
- Your Consultant will then contact you to arrange an appointment to go over your results.

Risks vs. Benefits of Ionising Radiation



- Everyone receives some ionising radiation every day from radioactivity in the air, food that we eat and even from space.
- Your age, size and the reason for your scan will influence the amount of radiation used.
- The main benefit of the scan is making the correct diagnosis, so you can get the treatment that is right for you. A specialist has agreed that this benefit outweighs the risk from the radiation.

Pregnant Patients

If you are pregnant or think that there is a possibility that you may be pregnant, then please contact the CT Booking Team on Tel: 01253 955627 or 953657.

Relatives and Escorts

You may wish to bring a friend or relative to accompany you to and from the Radiology department when you have your CT scan although they will not be allowed into the examination room.

Children

Baby changing facilities are available throughout the hospital. We are unable to offer childcare facilities – if you need to bring your children with you, please bring someone who can supervise them whilst your examination is being carried out.

Interpreters

If an interpreter is required, this will be arranged by the CT booking team. Please telephone 01253 955627 to notify the team. Friends and family members are not permitted to interpret as this is against Trust policy.

Any Other Questions

If you have any questions regarding your CT examination or If you are unsure about any of these instructions, please contact the CT Booking Office on Tel: 01253 955627 or 953657. The Booking Office is available Monday – Friday, between 9:00am – 5:00pm. If you have any questions, please feel free to write them down below:

Notes

Other sources of information:

CT Booking Office
Telephone: **01253 955627 or 953657**

Hospital switchboard
Telephone: **01253 300000**

Patient Relations Department

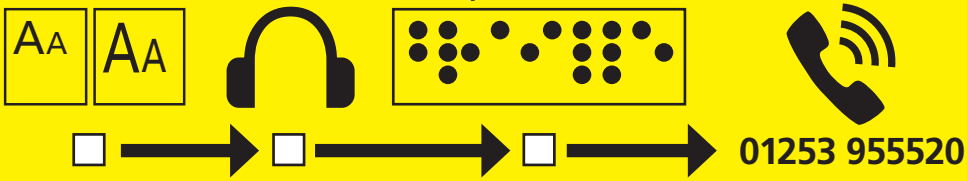
The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives.

You can contact them via tel: 01253 955589 or by email: bfwh.patientrelations@nhs.net

You can also write to us at: Patient Relations Department, Blackpool Teaching Hospitals NHS Foundation Trust, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR

Further information is available on our website: www.bfwh.nhs.uk

If you'd like a large print, audio, Braille or a translated version of this booklet then please call: **01253 955520**



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Approved by: Radiology Policy meeting
Date of Publication: 23/12/2021
Reference No: PL/1099 (v2)
Review Date: 01/12/2024