

What is the radiation dose from a CT Scan?

Following guidelines set out in the Ionising Radiation (Medical Exposure) Regulations (IRMER) 2000, exposure to ionising radiation should be kept to a minimum whenever possible.

In all cases, the clinician who refers you for a CT scan will ensure that the benefits provided by the information in the examination outweigh the risks associated with the radiation dose.

How long does the CT Scan take?

The actual scanning itself depends on the type of scan, but can be as short as a breath hold, from 5-10 seconds. The total length of a CT scan procedure can be between approximately 20 minutes to an hour, depending upon the type of examination, the preparation and post-examination processing.

You should allow around 30 minutes for the whole process.

About InHealth Limited

InHealth is a leading provider of diagnostic and imaging servicing operating exclusively in the UK working predominantly within the NHS, but also servicing the needs of private health care providers. We deliver excellent professional services across a range of modalities. We have a key part to play in the provision of high quality healthcare and in the working lives of the professionals within it.



Informed consent

The information contained within this leaflet is intended to provide you with an overview of the examination or treatment that you are to receive. Prior to any medical procedure being carried out, the healthcare professional conducting the procedure will describe the nature of the examination or treatment you are to receive and will detail any risks associated with the procedure. It is your right to be given sufficient information to be able to make an informed decision as to whether you wish to continue with the examination/treatment or to refuse to undergo the procedure.

The nature of some examinations and treatment requires that your consent to continue must be given in writing and a form will be provided for you to sign. Some examinations may only require your verbal consent. For further information regarding our consent policy, please contact the Centre to which you have been referred.

We take pride in the standard of service which we offer at InHealth. If you do have reason to complain, however, we take your comments seriously and a full complaints procedure is available upon request. Please ask a member of staff at the Centre who will be able to provide you with a copy, alternatively call the **Central Bookings line on 0845 603 0854** for a copy of the policy or to make a complaint. If you are unhappy with our handling of your complaint, you can contact the External Adjudication Secretariat, C/O Independent Healthcare Advisory Services, Centre Point, 103 New Oxford St, London WC1 1DU.

Alternatively you can telephone 020 7379 8598 or visit www.independenthealthcare.org.uk

Data Protection

InHealth will keep the information you provide for internal purposes. We may also share the information you provide, but from which you cannot be identified, with those responsible for meeting your treatment or expenses (or their agents) or contractual purposes (for example, audit and continuous improvement). This will include the National Health Service if you are a NHS patient.

If you have any comments or suggestions about our patient information leaflet, please also direct them to the Unit Manager. This patient information leaflet is reviewed annually and patient observations are welcomed as part of that process.

Braille, audio CD and large print versions of this leaflet are available on request.



Understanding your CT appointment



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Together, delivering excellence in healthcare

Understanding your CT appointment

We have created this question-and-answer style guide to explain the finer details of your forthcoming appointment.

If you have any questions or queries that this guide does not address, please feel free to contact your Imaging Centre - our staff are always happy to help.

Contact details can be found on the enclosed insert.

Important safety information

If you are or think you maybe pregnant you must inform the Radiographer.

Is there anything I need to know in advance of my appointment?

- For a CT scan involving a contrast injection you should fast for four hours prior to your appointment. You will be told at the time of booking if your scan requires a contrast injection, or if you need to have liquid preparation. Your appointment time should include the time needed to drink the liquid preparation and it may be up to an hour before your scan is carried out.
- Diabetic's taking 'Metformin': please advise the radiographer when you book for your scan, as there are some post-procedure care instructions we must go through with you.



What is a contrast injection?

- The 'contrast' is a radiographic dye, containing iodine, which enhances the visibility of vascular structures and organs during radiographic procedures. Some pathologies, such as cancer, have particularly improved visibility with iodinated contrast.
- InHealth uses a non-ionic contrast agent and shortly after the injection, you may feel a warming sensation throughout the body and sometimes this feeling is more pronounced in the pelvic area.
- Prior to the exam, to ensure all precautions with CT examinations involving contrast injections, we ask all patients to fill out a patient safety questionnaire. The radiographer will go over the procedure with you.

What happens when I arrive at the Imaging Centre?

- When you arrive for your appointment, you will be greeted by a member of staff. When you meet with the Radiographer you will have time to discuss the details of your procedure and the opportunity to ask any questions you might have.

If you are female and feel you would need a chaperone, you can bring a friend or relative with you.

What is a CT Scan?

- A CT Scan (Computerised Tomography) is a specialised X-Ray examination, which gives clear cross-sectional images of the inside of your body. CT is excellent in demonstrating soft tissue, air, fluid, bone, vessels and all other internal structures of the body.
- CT is a non-invasive method of imaging the inside of your body with relative speed and accuracy. New technology allows CT to be painless, stress free and very fast: often we can image from neck to pelvis in one breath hold.



What happens during the CT Scan?

- The scan itself is painless.
- The CT scanner looks like a big ring called a gantry and is open at both ends with the table that slides very quickly through the middle.
- Within the wall of the scanner there is an X-Ray source and detectors. The scanner bed moves quickly through the gantry acquiring many cross sectional pictures of your body which are sent to our control and then processed for our Radiologists to report. If you require a contrast injection it will be administered by a radiologist.
- The Radiographer will take you into the scanner room and make sure that you are comfortably positioned on the scanner bed.
- You will be asked to lie as still as possible during the examination, to ensure that the scanner can get a good, clear image. Additionally, the Radiologist may need an injection of a contrast agent during the course of the scan.
- As the scanner is open plan and the imaging time very short claustrophobia is rarely a problem.