

Information for patients and carers

**Administration of Contrast Dye for
Radiotherapy Planning CT scan**



This leaflet explains the process of delivering contrast dye during a Radiotherapy Planning CT scan.

What is contrast dye and why do I need it?

Contrast dye is clear liquid that is used to show vessels in the body on the CT scan. This helps the doctor distinguish and outline the area of your body that needs to be treated with Radiotherapy.

What does it feel like when I have the contrast dye injected?

When the contrast dye is injected, you may experience a warm/flushed feeling; a metallic taste in your mouth; and the sensation of passing water as the liquid moves through your body. These side effects only last a short period of time whilst the dye is being injected (less than one minute).

Preparation prior to having contrast dye.

Over the 24-hour period before your scan you should ensure you are well hydrated by drinking at least 2 litres of water. The contrast dye leaves your body via your kidneys into your urine. Therefore, it is important you are hydrated before and after administration.

If you are taking any medications, please continue to take these as usual unless you have been told otherwise by your doctor.

Please eat and drink as normal.

Please inform us if you have had a previous **allergic reaction** to **contrast dye** or to **iodine**.

What to expect at your appointment

When you come for your planning appointment a Radiographer will need to ask you a questionnaire to ensure it is safe to administer the contrast. They will then need to insert a small plastic tube (cannula) into a suitable vein either in your hand or arm.

After the CT scan is complete, we ask that you stay in the department with the cannula still in place for 30 minutes. Adverse reactions are rare, but we must monitor you for this time to ensure you are treated accordingly should you experience any reaction (see below for possible side effects/adverse reactions).

After the 30 minutes a Radiographer will check you are feeling well and remove the cannula. You are then able to go home. Please continue to drink plenty of water for the rest of the day.

Possible side effects/adverse reactions of contrast dye

Most often side effects/reactions will occur shortly after the dye has been administered. However, there is a small percentage of patients that may receive a delayed reaction hours or days after the dye has been administered.

There are various possible adverse reactions to contrast dye including:

- Nausea/vomiting
- Rash
- Changes in your breathing
- Changes in blood pressure
- Extravasation (leakage of dye outside the vein)
- Anaphylaxis/severe allergic reaction (very rare)

If you experience anything out of the ordinary during or after administration of the dye, please seek medical attention straight away.

Contact details

Should you require further advice or information please contact:

Radiotherapy Reception (01772) 522923

Appointments (01772) 522931

Transport (01772) 522295

If you would like to watch a short information video about radiotherapy, please scan the QR code below.



Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

Stop smoking services

<https://www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service/>

Alcohol advice

<https://alcoholchange.org.uk/>

Macmillan at Rosemere Cancer Centre

<https://tinyurl.com/38z3d2fy>

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone 08081962638

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This information can be made available in large print, audio, Braille and in other languages.**

Our patient information group review our new leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolve@LTHTR.nhs.uk

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