

## CT Prep

How to prepare for a CT scan: These are general guidelines. Please see specific exam preparations for your exam. You may be requested to avoid food and fluids 6-8 hours before your exam. The radiologist (a physician who specializes in x-ray procedures) may require iodine contrast media (sometimes called x-ray dye). This is given by an injection in the arm. It will sometimes make the patient feel warm. This warm feeling will last only about one or two minutes. This contrast media is necessary to enhance the images and show the vascular areas.

Wear loose, comfortable clothing. You may be asked to change into a hospital gown for scans other than the head.

What to do during the CT exam: The exam is simple. You will be placed on a narrow bed and moved through a large round "donut" shaped device which has lots of room and is open on both sides. During the exam, you should lay still and relax. You may be asked to hold your breath for a few seconds at a time. The technologist will be in the exam room behind a glass window and can see and hear you at all times. The scan will take 30-60 minutes.

\*\*\*Diabetic patients who are taking **Glucophage, Glucovance, Metformin, Metaglip or Avandimet** must **NOT** take their medication 48 hours following the exam.

\*\*\*If you are diabetic, over 40 or have a history of kidney(renal) problems you will be required to have a lab test (BUN, Creatinine) done before your cat scan, unless you have had this lab test within 1 month prior to your scheduled exam date. If the lab was drawn at another facility other than TCH or TMC you must bring a copy of the lab results with you to your exam. BUN and Creatinine testing is done to ensure sufficient kidney function prior to your exam for your protection.

\*\*\*Please inform the technologist if you could be pregnant or have allergies to any medications, particularly **iodine**.

### **CT Scans of the Head (with/with & without/without) IV contrast:**

1. There is no prep for this exam.
2. \*\*\*If you are diabetic, over 40 or have a history of kidney(renal) problems you will be required to have a lab test (BUN, Creatinine) done before your cat scan, unless you have had this lab test

within 1 month prior to your scheduled exam date. If the lab was drawn at another facility other than TCH or TMC you must bring a copy of the lab results with you to your exam. BUN and Creatinine testing is done to ensure sufficient kidney function prior to your exam for your protection.

3. Please wear comfortable two piece clothing with no metallic writing, metal buttons, snaps or zippers. If you are typically cold natured, please wear heavier clothing to the exam.

#### **CT Scans of the abdomen and pelvis without oral contrast:**

1. There is no prep for this exam.
2. Please wear comfortable two piece clothing with no metallic writing, metal buttons, snaps or zippers. If you are typically cold natured, please wear heavier clothing to the exam.

#### **CT Scans of the abdomen and pelvis with oral contrast:**

1. Patient should not have food or liquids 8 hrs prior to exam.
2. The patient should arrive in the radiology department 1 hour prior to the scheduled exam to receive the oral contrast to drink.
3. \*\*\*If you are diabetic, over 40 or have a history of kidney(renal) problems you will be required to have a lab test (BUN, Creatinine) done before your cat scan, unless you have had this lab test within 1 month prior to your scheduled exam date. If the lab was drawn at another facility other than TCH or TMC you must bring a copy of the lab results with you to your exam. BUN and Creatinine testing is done to ensure sufficient kidney function prior to your exam for your protection.
4. Please wear comfortable two piece clothing with no metallic writing, metal buttons, snaps or zippers. If you are typically cold natured, please wear heavier clothing to the exam.

#### **CT Scans of the chest and/or neck:**

1. There is no prep for this exam.
2. \*\*\*If you are diabetic, over 40 or have a history of kidney(renal) problems you will be required to have a lab test (BUN, Creatinine) done before your cat scan, unless you have had this lab test within 1 month prior to your scheduled exam date. If the lab was drawn at another facility other than TCH or TMC you must bring a copy of the lab results with you to your exam. BUN and Creatinine testing is done to ensure sufficient kidney function prior to your exam for your protection.
3. Please wear comfortable two piece clothing with no metallic writing, metal buttons, snaps or zippers. If you are typically cold natured, please wear heavier clothing to the exam.

#### **CT Scans of the spine:**

1. There is no prep for this exam.

2. Please wear comfortable two piece clothing with no metallic writing, metal buttons, snaps or zippers. If you are typically cold natured, please wear heavier clothing to the exam.

**CTAngiography of the heart (Coronary):**

1. Patient should not consume caffeine or tobacco products 8 hours prior to exam. Caffeinated products include tea, coffee, soft drinks, chocolate and a variety of over the counter medication.
2. Patient may take medications unless otherwise instructed by their physician. Please bring a current medication list with you at the time of your exam.
3. Please be well hydrated for your exam.
4. \*\*\*If you are diabetic, over 40 or have a history of kidney(renal) problems you will be required to have a lab test (BUN, Creatinine) done before your cat scan, unless you have had this lab test within 1 month prior to your scheduled exam date. If the lab was drawn at another facility other than TCH or TMC you must bring a copy of the lab results with you to your exam. BUN and Creatinine testing is done to ensure sufficient kidney function prior to your exam for your protection.
5. Please wear comfortable two piece clothing with no metallic writing, metal buttons, snaps or zippers. If you are typically cold natured, please wear heavier clothing to the exam.

**CT Angiography of the Head, Neck, Abdomen and/or Extremities:**

1. Please be well hydrated for your exam.
2. Patient may take medications unless otherwise instructed by their physician. Please bring a current medication list with you at the time of your exam.
3. \*\*\*If you are diabetic, over 40 or have a history of kidney(renal) problems you will be required to have a lab test (BUN, Creatinine) done before your cat scan, unless you have had this lab test within 1 month prior to your scheduled exam date. If the lab was drawn at another facility other than TCH or TMC you must bring a copy of the lab results with you to your exam. BUN and Creatinine testing is done to ensure sufficient kidney function prior to your exam for your protection.
4. Please wear comfortable two piece clothing with no metallic writing, metal buttons, snaps or zippers. If you are typically cold natured, please wear heavier clothing to the exam.