



Appointment Date & Time \_\_\_\_\_

## PATIENT INSTRUCTIONS for CT SCAN

The CT scan uses x-rays to visualize your bones and soft tissues, including your organs and muscles. It allows the doctor to view pictures of your body as though it were sliced like a loaf of bread. These pictures are taken while you are lying on a table inside a doughnut-like machine. A camera inside the machine rotates around you.

CT Scans can focus on any part of the body. Visualization may require the use of contrast which may be given orally or intravenously. Below are instructions for your scheduled CT scan.

Your CT scan will require:  No contrast  Oral contrast  Intravenous contrast

**IF YOU HAVE A HISTORY OF ALLERGIC REACTIONS TO IODINE, CONTACT YOUR PHYSICIAN BEFORE THE SCAN FOR PREMEDICATION. YOU WILL NOT BE PERMITTED TO UNDERGO YOUR CT SCAN WITH IV CONTRAST IF YOU HAVE NOT BEEN PREMEDICATED.**

**IF YOU WILL BE RECEIVING ANY TYPE OF CONTRAST (oral or intravenous contrast will be checked above):**

**Do not eat or drink anything (other than water) for four (4) hours before your scan. You can drink water.**

If you are receiving **Oral Contrast**:

1. You may pick up the contrast before the day of your scan. You should start drinking the contrast 1 ½ hours before the time of your appointment and you should drink all the contrast within 15 minutes.
2. If you do not pick up the contrast before your scheduled scan, you will need to arrive one (1) hour before your appointment time to drink the contrast.
3. Following your CT scan, you may experience slight cramping and mild diarrhea from the oral contrast.
4. You may resume normal eating habits after your scan.

If you are receiving **Intravenous Contrast, AND**

1. You are a diabetic patient, or
2. You are over 60 years old, or
3. You have a history of renal insufficiency, or
4. You have only one kidney

**You will need to have laboratory work done BEFORE your CT scan.**

- a. For your convenience, you should have your lab drawn before the day of your exam.
- b. The tests you need are a BUN and Creatinine. These must be performed within 4 weeks of your CT scan.
- c. If you are unable to get your lab testing before the day of your scan, please come thirty (30) minutes before your scheduled time so the testing can be done then.
- d. If you are a diabetic taking Metformin, you should discontinue taking your Metformin for 48 hours after getting IV contrast. After your CT scan, the CT technologist will give you instructions to return to the lab for repeat testing of your kidney function. **Do not restart your Metformin until your doctor calls and tells you it is okay.**
- e. After your CT scan with IV contrast, you will need to drink plenty of water.

**Other instructions for all patients undergoing a CT scan:**

For your convenience, wear comfortable clothing with NO ZIPPERS or METAL BUTTONS or SNAPS.

If you have any questions regarding your scan, contact the CT department at (479) 274-2833, or toll free at 1-800-333-1305.