

COMPUTERIZED TOMOGRAPHY (CT) GUIDANCE

WHAT IS CT

Computerized Tomography, also referred to as CT or Cat Scan, is a X-ray that produces cross-sectional images of the inside of the body. An X-ray beam moves around the body to produce these images.

WHAT TO EXPECT

Depending on what type of Cat Scan your provider has requested you may have to change into a patient gown. You will be asked to lie on a table that will move through a donut shaped machine called a gantry. This gantry has an x-ray beam that will move around your body to create the sectional image. You may need to hold your breath to avoid blurring the images. You may hear some noises of the machine as it rotates around the body. If your provider has requested an exam that requires intravenous contrast then you may feel a brief sensation of heat or a metallic taste in your mouth. If your provider is interested in your lower gastrointestinal region then you may receive contrast through an enema, which may cause a feeling of fullness, cramping, or an urge to defecate. After the procedure you can get dressed and return to your normal routine. If you were given barium you will need to drink extra fluids to ensure you do not get constipated.

HOW TO PREPARE

- Please arrive 15 minutes prior to your scheduled appointment time. Please bring in any x-rays that pertain to the procedure you are scheduled for.
- If you have any questions or concerns prior to your appointment, please call (910) 450-3428
- If your exam requires contrast you will need to come in at least one working day in advance to pick up barium.
- For contrast preparation instructions, see below:

CT ORAL CONTRAST INSTRUCTIONS

EXAM PRIOR TO 1030

- Drink 1st bottle of **ReadiCat** at 2200.
- No solid food after midnight. May continue all medications and fluid intake.
- Drink 2nd bottle of **ReadiCat** (1) one hour prior to exam.
- Immediately upon arrival give additional cup of **ReadiCat**.

EXAM AT 1100 OR AFTER

- No solid food after 0700. Continue fluid intake and all medications as normal.
- Drink 1st bottle of **ReadiCat** at 0800.
- Drink 2nd bottle of **ReadiCat** one hour prior to exam.
- Immediately upon arrival give

NOTES

- Any allergies to medications or food.
- Any allergies to Iodine, Contrast or IV Dye.
- High Blood Pressure or Diabetes.
- History of Asthma.
- History of Sickle Cell.
- History of Adrenal Cell tumors.
- If patient is taking Glucophage (Metformin), or Glucovance refer patient back to ordering physician for instructions. Cannot take these drugs for 48 hours after injection of IV contrast. Recommend repeat BUN/CREAT prior to restarting therapy.
- If patient has High Blood Pressure, Diabetes or is over the age of 60, they must have a BUN and CREATINE. This must be within the last 30 days, but no later than the day prior to the exam. Send patient back to the ordering physician if necessary to obtain these studies.
- NURSING MOTHERS. The ordering physician must talk to the radiologist prior to injection of contrast. Ask at time of appointment.
- PREGNANT or POSSIBLY PREGNANT females must have the ordering physician talk with the radiologist prior to study.
- **ANY PATIENT WITH A HISTORY OF RENAL INSUFFICIENCY MUST BE CLEARED BY THE RADIOLOGIST REGARDLESS OF BUN/CREAT RESULTS.**