

Atlas Diagnostic Imaging
Center for Gastrointestinal Health
CT EXAM PATIENT PREP INSTRUCTIONS

**Please arrive 15 minutes prior to the appointment
time**

Basic Computed Tomography Scan (CT) Overview:

A Computed tomography (CT) or CAT scan is a procedure or a test that utilizes x-ray and computer technology to create an image of the organs, bones and tissues inside your body. The CT exam involves x-ray images, called “slices,” taken in a circular movement around the body. A computer combines these slices together and displays them on a video monitor. CT images produced by the scan can provide vital information that may not be available on a regular x-ray.

ATTENTION:

- Please tell your doctor or CT technologist if you are or think you may be pregnant.
- Please inform the medical staff if you have had any recent exams that involved x-ray dye or barium.
- Please inform the doctor or CT technologist if you have any allergies or have previously had a reaction to iodinated contrast material or x-ray dye.

CT SCAN PREPERATIONS:

- Refrain from eating and drink for 4 hours prior to the exam with the exception of water and clear liquid
- You may take your medications at regular time with clear liquid only
- Please allow one to two hours for CT scan to be completed
- Some patients may need to drink oral contrast; if your test requires the consumption of oral contrast you must arrive to the facility 2 hours prior to the appointment time.
- One-hour rest/ wait after drinking oral contrast is needed to obtain a high-quality scan
- If you need additional information, please call the scheduling department.

DIABETIC PATIENTS:

Diabetic patients who are taking any medication that contains **Metformin** such as; **Glucophage, Glucovance, Metaglip, Actoplus, Prandimet, Kombiglyze, Janumet, Avandamet, Fortamet, and Riomet**) and are scheduled for an examination that requires the intravenous administration of iodinated contrast must stop take this medication the day of the exam and withhold it for 48 hours after the test

ALLERGIES TO CONTRAST:

Patients with history of contrast reaction must be pre-medicated prior to the appointment time

- Prednisone 50mg taken by mouth 13, 7 and 1 hour prior to the examination
- Benadryl 50mg taken by mouth 1 hour prior to the examination.

CREATININE BLOOD TEST: This is required **within the 30** days prior to the examination for any:

- Patients age 60 or older
- Diabetes (Insulin and non-insulin dependent) or Hypertension
- History of Renal Insufficiency / Renal masses / Single kidney

If this test is done at an outside facility, it is the patient's responsibility to obtain a copy of the result and bring it to the appointment

After the CT scan:

Unless you had specific dietary instructions given to you by your provider, you will continue with your regular diet after the exam.

Please drink plenty of fluids after the CT exam if an injection of contrast medium was used to expedite the excretion of contrast through your urinary system. There will NOT be any fecal/ urine discoloration caused by the x-ray dye.

Test results:

A radiologist (doctor specializing in radiologic medicine) will interpret your CT images. Please give 24 to 48 hours for your ordering provider to receive the written results of your CT exam. If you do not hear back from us please contact the CT department