



Exam Duration:	Approximately 10-15 minutes	IV Required?	Only if ordered with IV contrast
Exam Preparation:	For CT exams without any kind of contrast: <i>No preparation required.</i> For CT exams with oral contrast (with or without IV contrast): <i>Do not eat or drink after the first dose of contrast until after the exam is complete.</i> For CT exams with IV contrast only: <i>Do not eat or drink 2 hours prior to the exam.</i>		

CT scans (or CAT scans) are quick, non-invasive diagnostic exams used to evaluate a wide variety of pathologies. CT may be used to diagnose or evaluate internal injuries from trauma, cancer, infectious disease, cardiovascular abnormalities, and a multitude of other conditions. The cross-sectional images provide a very detailed look at the internal anatomy of the body. Abdominal CT exams are very common and are used to evaluate organs such as the liver, gallbladder, spleen, kidneys, bowel, pancreas, and other nearby tissues.

Exam Procedure: Upon your arrival, a CT technologist will explain the exam in detail and ask questions about your relevant medical history. For exams ordered with IV contrast, an IV will be started in your arm if you do not already have one. You will lie on an imaging table on your back, with arms raised over your head if possible. The table will move in and out of the CT gantry as needed, giving instructions to hold your breath when appropriate. The entire exam generally takes 10-15 minutes.

Oral Contrast Notes: Oral contrast is often used for CT exams of the abdomen and pelvis. The contrast may have a moderately unpleasant taste, but the majority of patients are able to tolerate it without issue. Out-patients who wish to begin dosing before their arrival will need to stop by the hospital to pick up the appropriate contrast. Dosing schedules are shown in the chart below:

<p>Out-Patient Studies scheduled for 10:00 or earlier</p> <p>Drink one bottle of Readicat before bedtime and the second bottle 30 minutes prior to your exam. Do not have anything to eat or drink after drinking the first bottle until after your exam is complete.</p>	<p>Out-Patient Studies scheduled for 10:30 or later</p> <p>Do not have anything to eat or drink 2 hours prior to your exam. Drink the first bottle of Readicat 90 minutes prior to your exam and the second bottle 30 minutes prior.</p>
<p>In-Patient Studies: Instructions for oral contrast dosing are be given by the CT department. Oral contrast medium is available in the Pyxis. Standard procedure is to mix 50 mL of Omnipaque 300 with 900 mL of water. Patient should be NPO following oral contrast until the exam is complete.</p>	

IV Contrast Notes: Abdominal CT exams may or may not be ordered with IV contrast. If you have an iodine allergy, it is important to tell the technologist before your exam is performed. Most patients experience a warm flushed feeling when the contrast is administered along with a metallic taste. Patients may also experience a sensation like they have to urinate, but this is merely a side effect of the contrast and subsides quickly. Not all IVs are adequate for contrast injection; for example, butterfly IVs and certain small-gauge IVs may not be used.

Important: Diabetic patients will need to stop taking oral medications containing metformin for a period of 48 hours following IV contrast injection. Other oral medications and insulin are not affected.

Additional Notes: Patients will need to remove metal objects from the area of interest prior to the scan, including underwire bras, piercings, and clothing with metal buttons or zippers. Current creatinine levels must be available for patients who are diabetic or over the age of 60 if IV contrast is to be administered; these labs are performed in the CT department if necessary.

Please feel free to contact the CT department with any questions at (405) 307-2661 or (405) 515-2661.