



200 Fletcher Crescent
Alliston, Ontario L9R 1W7
Diagnostic Imaging Bone Mineral Densitometry (BMD)
Tel: 705-435-6281 Ext. 1298

Computed Tomography (CT) Patient Information Sheet

Preparing for your exam

What is a Computed Tomography Scan (CT Scan)?

A CT Scan, historically known as Computer Axial Tomography Scan (CAT Scan), is a procedure that uses a computer linked to an x-ray machine to make a series of detailed pictures of areas inside the body. The pictures are taken from different angles and are used to create 3-dimensional (3-D) views of tissues and organs. Depending on the needs for your exam, tissues and organs may require contrast (x-ray dye) administration to show anatomy more clearly. There are various forms of contrast dye for different administration purposes, such as intravenous (IV), oral, and/or rectal. Please consult the "Contrast Material" form (attached) for more information. A CT Scan may be used to help diagnose disease, plan treatment, or find out how well treatment is working.

Estimated Procedural Time (for the study):

Non-Contrast Study: 15 minutes

IV Contrast Study: 30 minutes (Specialty studies: 1-2 hours)

Oral Contrast Study: 2 hours

IV & Oral Contrast Study (and Rectal study if ordered): 1 hours 30 minutes to 3 hours (depending on the exam).

Patient Preparation and Fasting Instructions

Preparation Instructions:

Prescribed Medication

Please continue to take all of your prescribed medications. If you are an insulin-dependent diabetic, please continue to take your insulin as prescribed and drink extra fruit juice to make up for the fasting of solid foods for the 4-hour period that your stomach is empty. If you are taking any type of diabetic medications, please continue to take the prescribed dose.

Clothing and Metal Objects

For your study, please wear metal free clothing and short sleeves for IV purposes or you may be asked to put on a gown. The following metallic items must be removed before entering the CT Scan Room. We recommend leaving these items at home if possible.

- Jewelry
- Watches
- Glasses
- Hairpins
- Hearing aids
- Bras with underwire or metal clips
- Dentures
- Metal buttons and zippers
- Medication patches (e.g., nicotine or pain patch)
- Pocket items: Cell phone, Keys, Coins (money)
- Clothing labeled as antimicrobial, antibacterial, or having "silver technology"

Fasting Instructions:

Head, Neck, Chest, and Upper and Lower Extremity studies: These studies do not require fasting.

Abdominal and Pelvic studies: For four hours prior to your exam, please do not eat solid foods. You may drink clear fluids. What exactly are clear liquids? A clear liquid is generally considered one that you can see through to the other side. Acceptable clear liquids include: water, tea, Apple juice, Ginger Ale, Sprite, 7UP, Gatorade, Powerade, Vitamin Water, Crystal Light, Black coffee is considered a clear liquid. However, milk and cream are not considered clear liquid and please do not add them to your coffee. Please be sure to avoid any red liquids. If you have soup, you may have the broth, but no chicken, noodles or vegetables are allowed.

For a rectal contrast study, you may need to undergo bowel preparation a day before the procedure, which involves food restrictions and a cleansing regime to ensure the bowel is entirely clear of fecal matter. You may want to bring a sanitary pad to prevent anal leakage after the solution is evacuated from the colon.

We thank you in advance for your careful considerations in following the required patient preparations instructions. -- *Stevenson Memorial Hospital, Computed Tomography department*