

Appointment Information

Date: ____/____/____
mm dd yy

Time: _____

What it is a CT scan?

A computerized tomography (CT) scan or (CAT) scan is an X-ray procedure that combines a series of X-ray images with the aid of a computer taken from different angles to create cross-sectional images, or slices, of the internal organs or structures of your body. Occasionally, contrast material (an X-ray dye) is given orally or through your vein to further enhance the scan. CT scan images provide more detailed information than plain X-rays do. They are painless and can provide extremely accurate images of body structures.

Patient Preparation CT scan without IV contrast

No preparation needed

- Wrist X-ray
- CT Head
- CT Sinus
- CT Spine
- CT Extremity

CT Thorax/ Chest

- Nothing to eat for 2 hours prior to exam
- You may sip clear liquids

CT Abdomen/ Pelvis /Kidney / Urinary

- Nothing to eat 4 hours prior to exam.
- You may sip clear liquids
- No recent Barium studies.
- Please check with us about need for oral contrast

Patient Preparation CT Scan with IV Contrast

- Nothing to eat 4 hours prior to exam.
- Do not eat anything for three hours prior to your CT scan.
- You may drink clear liquids before your exam.
- You may take your regular medications with clear liquids the morning of your exam.
- Inform your Sanitas doctor if you have a history of either diabetes, high blood pressure or kidney disease; for all patients (over 60 years old), the physician may want a creatinine blood test (which measures kidney function) performed within 6 weeks prior to your appointment.

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- If you have kidney failure or are on a fluid-restricted diet, please coordinate your dialysis within 24 hours of your exam if you will be receiving intravenous contrast for the exam.
- If you have a known allergy to IV iodinated contrast dye for CT and certain types of X-ray exams, it is important that you inform your doctor. He or she will provide you with a prescription for a corticosteroid medication to take prior to your exam.

Diabetic Patients

- Stop any medication that contains metformin 4 hours prior to your exam and do not resume until 48 hours after your exam. (Glucophage – Avandamet – Glucovance – Fortamet – Metformin – Janumet – Metaglip – Riomet – Glumetza – Actoplus Met)
- **INSULIN: can be taken as directed.** You may eat a small snack if necessary for insulin control until 2 hours before scan.