



Computed Tomography / CT Scan

Computed Tomography is commonly referred to as a CT Scan. A CT Scan is a diagnostic imaging procedure that uses a combination of X-rays and computer formatting to produce images of the inside of the body. It shows highly detailed images of any part of the body.

CT scans may be done with or without contrast. Contrast refers to a substance taken by mouth or injected into an IV line that causes the particular organ or tissue to be seen more clearly. Contrast examinations may require you to fast for a certain period of time before the procedure.

How to prepare for general CT exams:

- If your doctor ordered a CT scan **without** contrast, you can eat, drink and take your prescribed medications prior to your exam.
- If your doctor ordered a CT scan **with** contrast, do not eat anything for 4 hours prior to your CT scan.
- We encourage our patients to increase their clear liquid intake after their CT scan. This will help the body process and ultimately remove the contrast from the body.
- Most medications may be maintained before and after a CT scan, however people taking **Metformin** will be given specific instructions.
 - o If you are taking **Metformin** or medications that contain Metformin, you must refrain from taking it 24 hours prior to the CT exam **with IV** contrast and 24 hours after receiving IV contrast.

CT exams with Oral contrast:

- You will need to fast for 4 hours prior to your exam. Non-carbonated water and medications may be maintained. Please be sure your CT exam does not also include IV contrast. If IV contrast is included, you will need to fast.
- You will be provided 2 bottles of contrast by your ordering provider. If convenient you may also pick up the contrast from the imaging facility, but this would need to be arranged by your ordering provider.
- The contrast tastes best when refrigerated, but this is not necessary.
- You will drink one and a half bottles of the contrast **two (2)** hours prior to your exam. The remaining contrast should be brought with you to your appointment as the technologist will instruct you when to finish it.



CT exams with IV contrast:

- Once your exam has been explained and your questions answered the CT Technologist will start an IV. This will allow for administration of the IV contrast.
- If you have uncontrolled asthma or a previous history of an allergic reaction to IV contrast, a CT scan with IV contrast may not be done at PMG, and must be scheduled at another facility.
- If you are age 60 or older; have any history of kidney disease or renal failure; or have a diagnosis of diabetes, blood work may be required for this study. This bloodwork must be done at least 3 days prior to your scheduled appointment and can be scheduled at any Premier Medical Lab. Your ordering provider can help set this up for you.
- If you are on dialysis, you must schedule your CT Scan with IV contrast on a day or time that you would be having your dialysis treatment later in the day or the following day.
- If you are taking any Metformin containing medication, you must refrain from taking it 24 hours prior to the CT exam with IV contrast and 24 hours after receiving IV contrast.
- You may not eat or drink 4 hours prior to your scheduled scan. You may take medication (*other than Metformin*), unless advised otherwise, with a good amount of water. You should drink plenty of water up to one hour before your appointment.

CT Enterography / CTE:

- CT Enterography also known as CTE is a highly specialized CT scan that requires both oral and IV contrast. The oral contrast for this exam is also unique and will be provided to you at the time of the exam.
- For a CTE study you must arrive an hour and a half (90 minutes) prior to your scheduled appointment (ie: 9:00am for a 10:30am apt). This allows for proper processing of the required contrast.
- You should not eat anything for 8-12 hours prior to your exam.
- You may drink certain clear liquids prior to your exam. Please see the list of consumables below.
- Upon arrival and after explaining the exam the Technologist will start an IV and instruct you on how to drink the contrast material. You will also be asked to drink 1- 2 cups of regular water before beginning your exam.
- After the exam you are encouraged to increase your plain water intake as this will help the body process the contrast.



- Your bowel movements may be more liquid than usual, but this is normal as the oral contrast is not absorbed by the body. Your bowels should return to normal within several hours.
 - **Approved consumable:**
 - Water
 - Clear broth / bouillon
 - Coffee or tea **without milk** or non-dairy creamer
 - Gatorade®
 - Pedialyte®
 - Kool-Aid® or other fruit-flavored drinks
 - Powdered drinks (Crystal Light®)
 - Strained fruit juices (no orange juice)
 - Jell-o®
 - Popsicles®
 - Hard candy

General information about your visit

Our radiology staff will do everything possible to make & keep you comfortable during your visit. Depending on your specific exam and how it was ordered by your physician a final radiology report will be available within the 72 hours following your appointment. If you have any questions, concerns, or comments about your radiology experience they may be directed to PMGRadiology@premiermedicalhv.com.