



## Preparing for Your Outpatient CT Scan

### What is a CT scan?

A computerized tomography (CT) scan is a test, which combines a sequence of X-ray images taken from different angles around your body. A computer then processes these images to create cross-sectional images or slices of what it is scanning. CT scan images provide more-detailed information than traditional X-rays films do.

### Day of the test

For the test, you will lay down on the CT table as directed by your healthcare provider. During the test, please lie as still as possible while the table moves back and forth through the CT ring, follow the instruction of the audio prompts. You may be asked to hold your breath during test. Please wear comfortable clothing that does not have any metal i.e. zippers or buttons. Please be aware your healthcare provider may still ask you to change into a hospital gown depending of the test that is ordered.

*When scheduling your appointment, please let us know if you wear a glucose monitoring device. We may be able to schedule your appointment around the changing of your glucose monitor.*

### Allergies

Please inform your healthcare provider of all allergies you may have, especially if it is an allergy to contrast dye (x-ray dye). If you have a known allergy to contrast dye, you will have to take medication before your test. Please contact your family doctor's office for direction

### Medication

Bring a list of your current medications on the day of your scan. Your healthcare provider may wish to review it before your scan.



### Bloodwork

Certain medical conditions such as diabetes and kidney disease require you to have bloodwork done before the day of your scan. Also, if you are taking a medication called Metformin (Glucophage, Glumetza, Glycon), you will also be required to have bloodwork done before the day of your scan. Please contact your family office for direction..



### Breastfeeding

It is safe to continue breastfeeding after your CT scan with contrast dye.

A small amount of iodine can be found in breastmilk, but after 12 hours, nearly all of the iodine will be gone. Less than 1% of the iodine found in breastmilk is absorbed in a baby's stomach. If you are concerned about your baby's exposure to iodine, you may choose to wait for a period of time before breastfeeding. While waiting, pump your breasts every 3 hours to keep up your milk supply. If you do not pump, your milk supply will go down or take longer to increase. Do not throw out the pumped milk. It can be refrigerated and used after 24 hours.



### CT Scan – Head, Neck

- There are no dietary restrictions to follow before test. You may eat normally.
- If you wear a glucose monitoring device, please remove it before your test. Glucose monitors may be affected if worn, and are not guaranteed to give accurate results after your scan.
- You may receive contrast dye for this test. If you receive contrast dye, we would like you to stay with us for 10-15 minutes after to make sure you have no allergic reactions.

### CT Scan – Chest

- There are no dietary restrictions to follow before this test. You may eat normally.
- If you wear a glucose monitoring device, please remove it before your test. Glucose monitors may be affected if worn, and are not guaranteed to give accurate results after your scan.
- You may receive contrast dye for this test. If you receive contrast dye, we would like you to stay with us for 10-15 minutes after to make sure you have no allergic reactions.

### Cardiac CT Scan

- Please contact your doctor before your test to see if you need a prescription for beta blockers. Beta blockers slow your heart rate down to provide clearer images during your scan.
- Do not use Cialis, Viagra or medications like these for 24 hours before your CT exam.
- Please eat before your test, however, do not have any caffeine, i.e. coffee, tea, energy drinks, chocolate, or pop for 12 hours before your scan.
- If you wear a glucose monitoring device, please remove it before your test. Glucose monitors may be affected if worn, and are not guaranteed to give accurate results after your scan.
- Bring a support person with you the day of your scan. You will not be able to drive yourself home or operate any machinery for the rest of the day.

### CT Scan – Abdomen, Pelvis

- Do not eat for 4 hours before your scheduled appointment. You may only drink clear fluids before your test.

- If you wear a glucose monitoring device, please remove it before your test. Glucose monitors may be affected if worn, and are not guaranteed to give accurate results after your scan.
- You may be asked to drink large amounts of water or oral contrast before your scan. This is to help dilate or open your bowels for imaging.
- You may receive contrast dye for this test. If you receive contrast dye, we would like you to stay with us for 10-15 minutes after to make sure you have no allergic reactions.

### CT – Enterography

- Do not eat for 4 hours before your scheduled appointment. You may only drink clear fluids before your test.
- If you wear a glucose monitoring devices, please remove it before your test. Glucose monitors may be affected if worn, and are not guaranteed to give accurate results after your scan.
- For this test, you will be asked to drink large amounts of water or oral contrast before your scan. This is to help dilate or open your bowels for imaging.
- You will receive contrast dye for this test. We would like you to stay with us for 10-15 minutes after to make sure you have no allergic reactions.

### CT – Colonography

- The day before your scan, eat breakfast as you normally would. For the rest of the day, please drink clear fluids only. Do not eat or drink after midnight on the day of your scheduled appointment.
- If you wear a glucose monitoring device, please remove it before your test. Glucose monitors may be affected if worn, and are not guaranteed to give accurate results after your scan.
- The day before your scan, you will take medication to help prepare your bowels for the scan. You will receive detailed information with the medication on when and how to take it from your prescriber.
- You may take your medication the day of your scan with enough water to swallow the medication.
- On the day of your scan, if you are an insulin dependent diabetic, we ask that you monitor your blood glucose levels closely. Do not take your regular insulin dose on this morning. Please bring your insulin with you so that you may take it after the scan is complete.