

CT Scan

(Computed Tomography)

Patient Education & Preparation Instructions

What is a CT Scan?

CT (computed tomography), or CAT scan, uses special x-ray equipment to obtain image data from different angles around the body. A computer then processes the information to show cross-section images of the body soft tissues and bone.

Why is a CT Scan Useful?

CT can show several types of tissue - lung, bone, soft tissue and blood vessels - with great clarity. Radiologists (physicians who specialize in interpreting images of the body) are able to diagnose problems such as cancers, cardiovascular disease, infectious disease, trauma and musculoskeletal disorders. This is all done with a small amount of radiation.

What Does a CT Scanner Look Like?

The CT scanner is a large, square-shaped machine with a hole in the center. A patient lies still on a table that can move up and down, and slide into and out of the center hole. Other than the table, nothing touches the patient.

How Should I Prepare?

Wear comfortable, loose-fitting clothing for your test. Metal interferes with clarity of the scan. Try to avoid zippers, snaps, hearing aids, glasses and jewelry. You may be asked to avoid eating or to drink a special drink before your exam.

It is extremely important to notify Aspirus Riverview Hospital's imaging department staff if you are allergic to x-ray (CAT Scan, IVP) dye (contrast) or if you have asthma. Also notify the staff if you have had a life-threatening allergic reaction to anything.

Also, please be sure to inform the technologist of any chance of pregnancy.

If you are currently nursing, you may be asked to discard breast milk for 24 hours after your CT scan.

To the Patient:

You have been referred to us by your physician for a CT examination. The results of the examination will be sent to your physician in writing, or in case of emergency, by telephone. Please read and follow all instructions carefully.

Name _____

Doctor _____

You have an appointment in the imaging services department at Aspirus Riverview Hospital for a CT examination as indicated. Please report directly to the imaging services department 10 minutes before your scheduled appointment.

Date _____

Time of Examination _____

Preparation for Your Examination is Extremely Important

Please carefully follow the instructions for the examination indicated. If you have any questions, please call Aspirus Riverview Hospital's imaging services department at 715-421-7430.

Remember: The technologist cannot do a thorough examination unless you are properly prepared. So if you have questions, please call.

We shall try to make your visit to our department as pleasant as possible. Each examination, however, is an individual procedure, and the time involved varies greatly. Your images are checked by a technologist and radiologist for quality and completeness before you are dismissed. Please be patient with us – we have only your best interest at heart.

If an emergency arises, we need to examine that patient first. We will perform your exam as close to your appointment time as possible.

A lab test is required on all patients 50 years of age or older and/or any of the following risk factors. This lab test checks your kidney function. We need to know your kidneys are working properly before we inject a contrast agent.

- Diabetes
- Congestive Heart Failure
- Hypertension
- Recent IV Contrast Media
- Renal Disease/Renal Insufficiency
- Solitary Kidney/Renal Transplant
- Nephrotoxic Chemotherapy (Such as Cisplatin, Cytosan & Methotrexate)
- Dialysis

Previous reactions to IV contrast (x-ray dye) may require pre-medication prior to CT exam.

What Happens After My CT Scan?

You should feel no ill effects from the CT scan. You may go about your normal daily routine. If you received IV contrast during your CT exam, you should drink 48 oz. of water following your exam and 48 oz. the day after your exam. (If you are on fluid restrictions, drink only as much water as you are allowed.)

Please feel free to talk to the technologist about any questions or concerns you may have.

* If you are on dialysis and you receive IV contrast, you will need to have dialysis within 24 hours of your CT test.

Who Interprets the Results and How Do I Get Them?

A radiologist, who is a physician experienced in interpreting radiology examinations, will analyze the images and send a signed report with his or her interpretation to the physician who ordered the test. You will receive your results from that physician.

Procedures

CT of the Abdomen & Pelvis

1. Clear liquid diet for six hours prior to examination. (Regular diet prior to this.)
2. You will be given some special barium to drink at a specific time.
3. Do not eat or drink two hours prior to the examination except your barium prep.
4. Drink one container (15 oz.) three hours before your scan.
5. One hour before your scan, drink 8 oz.
6. One-half hour before your scan, drink another 7 oz.
7. It is not necessary to take any stool softener (laxative) to eliminate the barium used for the CT examination.
This barium may, in fact, cause some diarrhea following the test.
8. Intravenous contrast may be given during the CT exam. Therefore, you may need an IV started.

CT Pyelogram

This examination is usually for kidney stones. No special preparation is required.

CT of the Head, Chest and Neck & CTAs

1. Clear liquid diet for six hours prior to the exam.
2. Do not eat or drink two hours prior to the exam.
3. Intravenous contrast may be given during the CT examination. Therefore, you may need an IV started.

CT of the Spine, Sinuses & Extremities

1. Clear liquid diet for six hours prior to the exam.
2. Do not eat or drink two hours prior to the exam.
3. Intravenous contrast may be given during the CT exam. Therefore, you may need an IV started.

CT Small Bowel

1. Clear liquid diet for six hours prior to the exam. (Regular diet prior to this.)
2. Do not eat or drink two hours prior to the exam.
3. You will be asked to arrive 1 hour prior to your exam and be given a special barium to drink.
4. It is not necessary to take any stool softener (laxative) to eliminate the barium used for the CT exam. This barium may, in fact, cause some diarrhea following the test.
5. Intravenous contrast may be given during the CT exam. Therefore, you may need an IV started.

Aspirus Riverview Hospital Imaging Services Department 715-421-7430

PRE-REGISTRATION REQUIRED

**Stop by the Registration Department in Aspirus Riverview Hospital's Lobby Rotunda
Monday-Thursday 8 am-5:30 pm; Friday 8 am-5 pm; Or call 715-421-7499**

Special Instructions for Diabetic Patients:

PLEASE CONTACT YOUR PHYSICIAN for dosing instructions and scheduling lab work if you are on Metformin or Metformin-containing medications!! If you are diabetic and take Metformin or Metformin-containing medications such as: Glucovance, Glucophage, Glucophage XR, Diabiformin or Silubin Retard, you will need to temporarily stop this medication the day of and up to 48 hours after your imaging procedure. You will also need follow-up lab work 48 hours after your imaging procedure to re-evaluate your renal function prior to restarting your medication.

PLEASE CONTACT YOUR PHYSICIAN!

If you are unable to keep your appointment, please let Aspirus Riverview Hospital's Imaging Services Department know as soon as possible. Should you be admitted to the hospital, please inform your physician about your appointment.



RIVERVIEW HOSPITAL
410 Dewey Street, P.O. Box 8080
Wisconsin Rapids, WI 54495-8080
aspirus.org