

CT Scan

A Computed Tomography (CT) scan is a special way of looking at the inside of your body. The images produced are “cross sectional” taken from a part of your body, much like slices taken out of a loaf of bread. The length of the exam will depend upon the area to be scanned and specific information needed by your doctor.

Please tell the CT staff if you:

- *Might be pregnant or are trying to get pregnant.
- *Are allergic to iodine or IV contrast.
- *Are diabetic or take medications that regulate blood sugar.
- *Have had a problem with a CT scan (or other contrast exams) in the past.

Preparation for the exam

If you have an iodine allergy or are taking any Metformin containing drugs, you will be given special medication instructions. It is important that you follow these carefully.

If you are 65 years old or older, diabetic, or have a history of kidney disease/nephrectomy, a lab test to determine your kidney function will be required.

Other preparations for the CT scan will vary depending on the area of the body being scanned. These may include:

- *Pregnancy testing
- *Diet restrictions

You may need to change into a gown if your clothes have metal in them.

You may be asked to drink an oral contrast. This oral contrast will line your stomach and bowel on the images. This is an important step in obtaining accurate results.

An IV contrast (dye) may be needed for your exam. This is injected into your vein through an IV. When the contrast is injected, you may feel warm and flushed or feel the urge to urinate. You may also notice a metallic taste in your mouth. These are normal effects; you may not feel all of the effects described.

During the exam

You will be asked to lie on the table. The technologist will position you and the table will move in and out of the machine several times. The technologist will be behind a window where they can see you, and may give you breathing instructions over an intercom. It is very important that you hold still during the exam and follow the breathing instructions to the best of your ability.

After the exam

Normal activities and diet may be resumed unless specified otherwise. If you received an IV contrast, it is recommended that you drink an additional 1 or 2 glasses of water. The water will help flush the contrast out of your kidneys. The IV contrast will be expelled through your urine. Your urine will not be discolored from the contrast. If you received an oral contrast, there may be a change in the frequency of your bowel movements for a few days.

If you have any questions or concerns about this test, please contact your doctor, or the CT department at 574-364-2818.