



Department of Radiology
Raymond and Ruth Perelman Center
for Advanced Medicine
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Department of Radiology
Hospital of the University of Pennsylvania
34th & Spruce Sts.
Ground Floor, Dulles Building
Philadelphia, PA 19104

Patient Prep & Instruction Manual

Scheduled Test: Computed Tomography (CT) Scan

Date: _____

Time: _____

Where: Thirty (30) minutes before your scheduled appointment, you will report to Outpatient Radiology Reception, either on the ground floor of the Dulles Building at the Hospital of the University of Pennsylvania or the ground floor of the Perelman Center.

Purpose: This test provides a different and more detailed picture of tissue and bone than is possible with a routine x-ray. The scan itself is painless and very safe. Our radiation exposure is slightly more than a routine x-ray.

Preparation: If you are scheduled to get an exam "with contrast or x-ray dye" you should **not eat or drink** anything for four hours prior to your scheduled exam. Check with your doctor to see if this pertains to your exam. If you are diabetic and take insulin, you must consult with your doctor to adjust your dose. You should not take insulin if you are fasting for this examination. When making an appointment for this test, tell the person scheduling the study that you are diabetic and request an appointment early in the day. If you take Glucophage (Metformin), you may take the medicine before the x-ray examination but **cannot resume taking it for at least 48 hours after the study is completed**. Also, you must consult with the doctor who ordered the study to find out when it is safe to resume taking Glucophage.

Medications can be taken prior to your exam. Pills should be taken with only a small amount of water. A list of the medications you take should be brought with you.

If you are allergic to x-ray contrast material (dye) you should be pre-medicated on Prednisone for 12 hours prior to your exam. *A must in any patient with a prior history of anaphylactoid contrast reaction and strongly advised in patients with prior history of "minor" contrast reactions. If this pertains to you, you should notify your doctor for more information.*

You will be asked to complete a questionnaire providing us with some information regarding your medical history. This information helps to structure your exam. If you have any heart, asthma, kidney problems, cancer, sickle cell disease, or if you are or could possibly be pregnant, please let the technologist know before your exam.

Procedure: The procedure can take between 10-45 minutes depending on the exact test performed. If you prefer not to change into a patient gown, it is advised that you wear loose fitting, comfortable clothing without metal parts. If you are scheduled for any head exams, earrings, glasses, hearing aids and dentures must be removed prior to your exam.

If you are scheduled for an abdominal CT, this means you will be given an equivalent of 36 ounces of barium to drink over 45 minutes to an hour prior to your exam. Upon the exam table you may receive approximately 3 to 4 ounces of bicarbonate water to help visualize the stomach during your exam. An IV line may need to be established so that IV contrast can be given just before imaging begins. The insertion of the IV line may give you some discomfort. The contrast may make you feel warm all through your body. Some patients experience a metallic taste during the injection. These sensations last until the injection is completed.

Patients under the age of 18 years need to be accompanied by an adult (parent or guardian) if scheduled for a CT exam.

We strongly advise that CT patients not bring children along without another responsible supervising adult. We cannot provide supervision for the children.

After Care: After the exam you can resume your normal activities. If you received IV contrast, increase your normal fluid intake to help flush this material from your system. Unless your doctor objects you should increase your fluid intake over a 24 hour time period. Your doctor will discuss results of your exams with you.

Please call (215) 662-3142 and speak with a CT technologist or Radiology nurse regarding any issues related to your exam.