

How to prepare for your CT Scan:

During the 4 hours prior to your exam:

- You may drink non-carbonated liquids (coffee is ok, even with sugar and dairy)
- You may NOT eat any food
- You may take ALL of your prescribed medications, including diabetic medicine
- Increase water intake prior to / following exam
- **Please arrive 10 minutes early to your exam!**

If your appointment is in the afternoon, you may eat a light breakfast before your 4-hour waiting period.

There are no eating or drinking restrictions if you are having CT of the spine (cervical, thoracic or lumbar), sinuses, or extremities (wrist, foot, etc.).

Intravenous Contrast (IV):

If your CT requires an intravenous contrast material or dye, a Licensed Radiologic Technologist will place an intravenous line in a vein in your arm before the exam or a power port or power picc may be used.

The contrast may make you feel warm and/or give a funny taste in your mouth, but these feelings go away quickly.

If you are diabetic, have kidney disease, or are 55+, you may need to have blood drawn before your exam. The blood test will determine the function of your kidneys before the injection of the contrast material and is performed by the technologist after starting your IV.

Oral Prep:

If your CT scan is of your abdomen and/or pelvis area, you may need to drink oral prep prior to your exam. Once your exam is scheduled, please pick up the prep at check-out.

Directions for taking oral prep:

- Drink 1 bottle (refrigerate to improve taste) at 8:00 p.m. the evening before the CT exam, then drink another bottle one hour before your scheduled appointment.
- OR -
- If you are unable to pick up the prep or prefer the in-house prep options of water or tropical fruit flavor Breeza, please arrive 1 hour and 45 minutes before your scheduled exam time. You may be asked to drink oral prep at 30 or 45 minute intervals, depending on water or Breeza option, before your test. Please bring along something to help pass time.

Diarrhea/loose stool is a common side effect.

In most instances, CT Renal, Liver, and Pancreas do not require oral prep.

***If you are allergic to iodine,
please call CT at 309-243-3420.***



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