

CT Scan Patient Guide

Thank you for selecting Adventist HealthCare Imaging for your CT scan.

Here is some information that you will need to know before, during and after your scan.

If you have any questions, please call 301-590-8999.

How to Prepare for your CT

CT Scans without Contrast

- Follow the General Test Preparation Guidelines.

CT Scans with IV Contrast

- Do not eat or drink anything for four hours prior to brain, spine, chest, extremity or kidney stones scans.
- For abdomen and pelvis exams, do not eat for four hours prior to your appointment. Clear liquids may be consumed.
- Take all medications as directed.
- Be prepared to provide BUN and Creatinine reports within 30 days of your exam if you:
 - Are over 60 years old
 - Are diabetic
 - Have a history of kidney disease, kidney failure or have one kidney

CT Scans with Oral Contrast

- Arrive at the office an hour and a half prior to your exam time to consume the contrast.
- You may bring your own 36-oz non-carbonated drink to mix with the contrast.

What to Expect

- The scan usually lasts for 10 to 15 minutes.
- The technologist may have you change into a gown and assist you onto the exam table.
- If you are getting a CT scan with IV contrast, the technologist will use an IV to insert contrast.
- The table will move through the CT scanner. The CT scan will generate images of your body's organs from multiple angles.

- The radiologist will review your scan and send the results to your physician in about 24 hours.
- It is important to lie very still through during the exam to obtain the best images possible. You may also be asked to briefly hold your breath. If you have any issues remaining still for the exam, please let our staff know so we can make any necessary accommodations.

What to Bring

- Referral from your physician
- List of current medications
- Insurance cards and photo ID
- BUN and Creatinine paperwork, if applicable
- Relevant scans and reports taken outside of Adventist HealthCare Imaging centers

General Test Preparation Guidelines

- Arrive at least 15 minutes before your appointment.
- Follow any special preparation guidelines given to you in this document and by the scheduler.
- If you need to cancel or reschedule your appointment, please call at least 24 hours in advance.
- Remove all jewelry and wear loose fitting, metal-free clothing.
- Tell our staff at the time of scheduling if you are any of the following:
 - Possibly pregnant
 - Diabetic or have kidney disease
 - Breastfeeding
 - Allergic to IV or oral contrast