



Patient Instruction Information: CT - ABDOMEN AND PELVIS	Your Appointment Information
	Date: _____
	Time: _____
	Location: _____

What Is It?

CT, which stands for Computed Tomography, is a noninvasive medical test conducted to help physicians diagnose and treat medical conditions. A CT scan of the abdomen / pelvis is used to help diagnose the cause of abdominal or pelvic pain and diseases of the internal organs, bowel and colon.

Oral contrast may be ingested, and needs to be in the body for at least one and a half hours. IV contrast may be injected to better visualize certain organs and recognize changes related to disease processes. Once the contrast is given, special x-ray equipment and computers are used to produce multiple images or pictures of the inside of the body. In the CT room you will be resting on a table that slowly moves through an opening of the CT scanner during the exam. It is important that you remain calm and refrain from movement during the exam. The technologists will assist you throughout the exam.

How Long Will I Be Here?

- Prep - 2 hours (drinking oral contrast)
- Scan - 15 minutes
- Post - 10 minutes

ENTIRE TEST - Approximately 2 to 2.5 hours

What Do I Need To Do To Prepare?

- Arrive 30 minutes before appointment time to register
- Inform staff and physician of any food or drug allergies
- Bring a copy of your order (if you have it)
- Bring insurance card and referral numbers (if required)
- Inform staff of any potential pregnancy
- Bring a list of medications with you
- Wear comfortable shoes and clothing
- Metal objects including jewelry, eyeglasses, dentures and hairpins should be left at home
- Do not eat 4 hours prior to your scheduled appointment time, but you are encouraged to have 32 ounces of water during that 4 hours to keep you hydrated
- Bring most recent scan from outside facility

Are There Any Risks or Expected Complications?

After IV contrast injection, sensations of warmth throughout the body and a metallic taste in the mouth are common. Occasionally, IV contrast exits outside of the vein during injection and may result in painful swelling, rarely requiring more advanced treatment. Some people may experience nausea, vomiting, hives, or diminished blood pressure resulting in lightheadedness after IV contrast. More serious adverse reactions such as shortness of breath, throat swelling, arrhythmia, and seizure are rare. The incidence of serious reactions is documented to be quite low within the medical literature. The risk of the examination is considered to be low compared to its benefits in most cases. If adverse reactions arise, medical assistance will be available immediately.

If your study requires IV contrast, a sample of your blood may need to be sent for laboratory analysis. This may be done quickly in the CT Department. This is done to assess your current kidney function, as IV contrast is normally eliminated from the body through your kidneys. In certain cases, IV contrast can further impair kidney function. Assessment of your kidney function and other factors will help determine whether you are a candidate to receive IV contrast. If your kidney function is less than optimal, you may need to undergo IV saline hydration prior to the CT study. These precautions are taken at our facility to protect your health and safety. If it is recommended that you undergo IV saline hydration, you will be required to have 4 hours of IV saline. Most of this time will be spent on a stretcher or recliner in a room with a television.