

CT SCAN Patient Information

What is a CT Scan?

CT stands for "Computerized Tomography" and is an x-ray technique that helps diagnose a variety of disorders, but is much more sensitive than regular x-ray. The CT scan uses a computer to view several cross-sectional x-ray images in order to more accurately diagnose disorders.

How is a CT Scan Performed?

You will lie on a padded table that moves through a hollow cylinder. An x-ray camera will revolve around you and take several x-rays. Contrast agents (dye) may be given to you in order to make the body organs and blood vessels visualize more clearly. The entire process takes about 30 minutes.

Who Performs a CT Scan?

Your scan will be performed by a registered radiology technologist and interpreted by a board certified radiologist within 48-72 hours after the procedure.

On the Day of the Exam

Dress comfortably and wear loose fitting clothing. We prefer that you not wear clothing with metal snaps or zippers as metal objects interfere with obtaining accurate results.

Please continue to take your daily oral medication (high blood pressure, heart medication, etc.) with sips of water, unless your doctor tells you otherwise.

Diabetic patients who take metformin (Glucophage, Glucovance, Glumetza or others) must discontinue the drug on the day of the CT scan appointment and for 48 hours following the CT scan **only if** you receive the IV contrast. Please refer any questions or concerns about holding your diabetes drug to your primary care physician.

After Your CT Scan is Performed

Following your CT scan you will be able to resume all of your normal activities. We recommend that you drink plenty of liquids/water the remainder of the day. This allows the contrast to quickly flush from your body and you will not become dehydrated.

Check In

Upon arriving please check in at the front desk for your appointment. Please be prepared to pay any co-payment, co-insurance or deductible that may be due according to your insurance plan.

Important Information for the Technologist

Before the technologist starts your scan you will be asked several questions about your medical history. It is very important for you to inform the technologist

- If you are pregnant or may be pregnant
- If you are diabetic
- If you have any allergies, especially to iodine or shellfish, or if you have had a previous reaction to x-ray contrast (dye)
- If you will not be able to breathe comfortably while lying down

To insure the quality of our scans, a certified radiologist will interpret your study. As a result, you may receive a bill from the radiologist.

We perform four types of CT scans. Your doctor has ordered the exam checked below. Please read the information regarding the prep for your particular exam.

- CT Exam Without Contrast:** If your doctor prescribes an exam without contrast you do not need to do any special preparation for the exam. However, if one of the other exams below is also checked please follow the directions for that exam and the preparation.
- CT Exam With Oral Contrast:** If your doctor prescribes an exam with oral contrast you will be asked to drink an oral contrast solution of dilute barium. You will be given the contrast mix when your scan is scheduled. Prepare contrast powder by mixing the pouch of E-Z-CAT DRY with 16 ounces of cold water. You should drink ½ of the contrast 2 hours before the CT appointment and the other ½ of the contrast 1 hour before the CT appointment. If you were given the liquid contrast, you will drink ½ of the bottle of contrast 2 hours before the CT appointment and the other ½ of the contrast 1 hour before the CT appointment.
You may drink liquids but avoid eating food for 4 hours prior to the scheduled appointment time.
- CT Exam With IV Contrast:** If your doctor prescribes an exam with IV contrast you may be given the contrast through a needle in your arm. Please note that if you have asthma, hay fever, iodine, or food allergies (especially shellfish such as shrimp or lobster) you **MUST** alert the staff at your referring physician's office. You may need to be pre-medicated 24 hours prior to your exam. Otherwise you may not be able to receive the IV contrast, which is an important step in obtaining accurate results.
You may drink liquids but avoid eating food for 4 hours prior to the scheduled appointment time.
- CT Exam With Oral and IV Contrast:** If your doctor prescribed an exam with both oral and IV contrast, please follow the instructions above for each of these exams.

Your appointment is scheduled at the office indicated below.

Testing Locations

**Urology Associates of North Texas
1300 W. Terrell, Suite 450
Ft. Worth, TX 76104**

**Urology Associates of North Texas
7200 State Hwy. 161, Suite 200
Irving, TX 75039**

**USMD Cancer Center
801 W. I-20, Suite 1
Arlington, TX 76017**

**Medical Clinics of North Texas
800 5th Ave., Suite 300
Ft. Worth, TX 76104**

Telephone # (817) 543-4903