

## Diagnostic Imaging Department PREPARATION FOR CT BODY SCAN

**Computerized Tomography** - A CT or CAT Scan examination may be of any area of the body. The examination will vary in the length of time necessary depending on the area to be scanned. **You will only need oral contrast if your scan is of your abdomen/pelvis. For Kidney Stone Protocol, no prep is required.**

1. If you are diabetic and taking Metformin, Glucophage, Glycon, or Avandamet, your current (within 1 month) creatinine serum level should be known prior to exam. Your physician can order this blood test.
2. The exam takes approximately 20 minutes and *may* include IV injection of contrast material (x-ray dye).
3. You should have **nothing to eat or drink 4 hours prior to exam time except** the 2<sup>nd</sup> dose of Gastrografin 1 hour prior to scan.
4. Barium studies (barium enema/UGI) are NOT compatible with body scans (If had within 1-2 weeks of appointment time please consult your physician).
5. Please continue taking any prescribed medications with small amounts of liquid.
6. Previous contrast allergies or iodine sensitivities should be mentioned to the CT staff.
7. Please complete the attached questionnaire prior to your appointment and present the completed questionnaire to the CT Technologist.

**If you have had a previous reaction to contrast media or a history of iodine sensitivity, you should take E-Z Cat Contrast.**

### **PROTOCOL FOR ADMINISTRATION OF GASTROGRAFIN ORAL CONTRAST:**

The Gastrografin you have received contains enough for 3 doses to be taken orally when mixed. For each dose, **mix 10mls (2tsp) of Gastrografin with 300mls (10oz) of water** (you may use flavored crystals such as lemonade) **or** 300mls of juice.

- The first dose is to be taken anytime after 8 pm the evening prior to your appointment.
- The second dose is taken 1 hour prior to your exam.
- Please bring the additional 10 ml of gastrografin with you on the day of your CT appointment. The third dose will be prepared for you by the CT staff prior to your exam.

### **PROTOCOL FOR ADMINISTRATION OF E-Z CAT ORAL CONTRAST:**

The E-Z Cat you have received contains enough for 2 doses to be taken orally when mixed. Before mixing, shake the bottle of E-Z Cat well. For each dose mix **110mls of E-Z Cat with 140mls of water**. **Note: Please disregard the preparation instructions on the E-Z-Cat bottle.**

- The first dose is to be taken at bedtime the night before your exam.
- The second dose is taken 1 hour prior to your exam.
- You will receive a third dose by the CT staff prior to your exam.

**For Emergency patients, the first drink should be administered 4 hours prior to the scan.**

**Note:** Both Gastrografin and E-Z-Cat should be stored at room temperature.

Contact Numbers:

If you have to cancel your CT appointment please contact the appropriate site  
QEII Health Sciences Centre (HI and VG sites) CT Bookings at 902-473-2162  
Dartmouth General Hospital CT Bookings at 902-465-8598  
Cobequid Community Health Centre CT bookings at 902-869-6102