

## BURNABY HOSPITAL - MEDICAL IMAGING DEPARTMENT

### CT SCAN EXAM PREPARATION INFORMATION

Appointment day/date: \_\_\_\_\_.

Appointment time: \_\_\_\_\_. Please **arrive** at: \_\_\_\_\_.

#### ☐ Head, Chest, Spine or Extremity Exams:

- \* You **might** be given an intravenous contrast at the time of your exam.
- \* No other preparation required.

#### ☐ Abdomen and/or Pelvic Exams:

- \* Pick up one bottle of READI-CAT from Burnaby Hospital Medical Imaging Department, at least 24 hours before your appointment (you have to drink it the night before the exam).
- \* **Drink the bottle of READI-CAT at bedtime, the evening before your exam.**
- \* You will be given another dose of READI-CAT when you arrive for your appointment.
- \* You **might** be given an intravenous contrast at the time of your exam.

#### Notes:

- \* Take your usual medications
- \* If you are diabetic and taking Glucophage or Insulin, contact your doctor for special instructions.
- \* If you are having the intravenous contrast, drink 6 **additional** glasses of water the day before the exam, and the day of the exam.
- \* Wear clothing with no buttons, zippers or metal snaps in the material (sweat outfits).
- \* Do not wear earrings or neck jewellery.
- \* If having CT scan of head, do not wear hair pins/ornaments made with metal.
- \* If you have to take the READI-CAT, then fluids only (no solid foods) are permitted on the day of your exam, until your exam has been completed.

#### Parking:

- \* Multi-level parkade or metered street parking available.

### **WHAT IS A C.T. OR C.A.T. SCAN?**

C.T. stands for Computerized Tomography. It is a sophisticated x-ray procedure in which a computer is used to analyze and combine multiple x-ray exposures into a single image.

### **WHY DO I NEED A C.T. SCAN?**

C.T. images are of greater clarity and detail than those obtained from an ordinary x-ray, and they produce cross-sectional images that cannot be produced by conventional x-ray equipment.

### **WHAT HAPPENS TO ME DURING THE TEST?**

This is a completely painless procedure. You may be asked to undress and put on hospital gowns. Rooms are available for changing.

It is sometimes necessary to introduce a substance called a contrast medium into the body to highlight certain tissues which would otherwise not be visible in the x-ray images. The radiologist (a physician who is a specialist in medical imaging) will decide if you need the contrast medium and, if so, how the contrast medium will be given. The radiologist will choose one or two of two ways, depending on your particular medical condition and/or type of C.T. scan. These are:

#### **1. Injection into a vein (IV)**

The injection is given in the scanning department. If you require an injection, you will be questioned to determine if you have allergies. Occasionally an intravenous drip is used to allow the substance to gradually enter the body. You will be asked to sign an information/consent prior to the injection.

#### **2. Orally**

You may be asked to drink oral contrast. Inpatients will be given the drinks by the nursing staff. Outpatients must pick up the oral contrast medium from the Medical Imaging Department at least 24 hours before the appointment.

#### **3. Both IV and Oral**

For certain examinations, you will be required to have both the I.V. injection and the oral contrast, as determined by the radiologist.

The technologist positions you on the table and makes you as comfortable as possible. The table then moves into position and a series of scans are taken. With each scan, a rapid sequence of narrow x-ray beam is sent through your body and information is sent into the computer and images are formed.

NOTE: \*\* If you are asked to hold your breath during the scan, it is important that you hold your breath the same way each time. \*\*

### **AREN'T ALL THOSE X-RAYS PASSING THROUGH ME DANGEROUS?**

A C.T. Scan exposes you to less radiation than many other x-ray techniques. If you are concerned, please discuss the procedure with your doctor.

### **HOW LONG DOES IT TAKE?**

Your time with us may vary from 30-90 minutes, depending upon the examination. You may also have to wait while the images are checked, so allow time for this.

### **WHEN WILL I LEARN THE RESULTS?**

From your referring doctor, who will receive a report from the radiologist within four working days.

### **WHEN SHOULD I ARRIVE AT THE MEDICAL IMAGING DEPARTMENT?**

Outpatients should come to the department about 20 minutes early to allow for registration. Every effort is made to perform your examination at the scheduled appointment time, but occasionally emergency cases arise and, of course, they take priority over scheduled examinations. You will be informed upon your arrival if there is any delay.

If you are unable to keep your appointment, please notify the Medical imaging Department as soon as possible.