

Western Maryland Health System ~ Department of Imaging
Patient Instructions for CT Procedures

Date of Exam: _____ Time: _____

CT Exam Ordered: _____

Your CT Scan is Scheduled at:

_____ Western Maryland Regional Medical Center (Main Hospital), 12500 Willowbrook Road, Cumberland, MD

_____ Western Maryland Outpatient Diagnostic Center, 12400 Willowbrook Road, Cumberland, MD

Please arrive **2 hours prior to your scheduled time if you are having an abdomen and/ or pelvis with oral contrast, Readi-Cat**, for registration and oral preparation. For all other CT exams, including CT abdomen and/ or pelvis without oral contrast, please arrive **30 minutes prior** to your appointment for the registration process and have the following items available:

- **Insurance cards/ information**
- **Authorizations/ Referrals**
- **The doctor's order for the exam**

Please Note: Your test cannot be performed on the scheduled day without the information listed above.

Instructions:

1. No solid food for four (**4**) hours before the time of the CT Scan
2. You may have clear liquids such as juice, black coffee, tea, Jell-O, water, etc., before the test. **Do not** drink sodas or pop.
3. If you are to have the CT Scan performed with oral contrast, the prep has to be given onsite when you arrive for the CT Scan. The technologist will give you 2 bottles of the oral contrast to drink, which will take about 90 minutes once you start drinking and before the scan is performed. This wait time is to ensure proper visualization of the intestines with the oral prep (Readi-Cat). **NOTE:** The Readi-Cat prep is not intended to be a laxative but may cause similar symptoms in some individuals
4. **After your test:** You may have a normal diet. There is no need to take a laxative.

Wear clothing **without** snaps, zippers, belts, or buckles. Example: sweatpants, elastic waist slacks or shorts, T-shirts, etc.

Note:

Some CT scans require an Intravenous (IV) injection of contrast media (dye). Please inform a member of the radiology staff if you have had any reaction to contrast media (dye) in the past. A staff member will be available to discuss the use of contrast media (dye) with its benefits and risks.

Diabetic Patients:

Diabetic patients receiving contrast media (dye) and taking any of the following medications:

Glucophage (Metformin), Riomet, Fortamet, Glucovance, Avandamet, Metaglip, Actoplus Met, Janumet

- Do not take these medications for 48 hours (2 days) **AFTER** your CT scan **AND before** restarting these medications, obtain a blood/lab test to check your kidney function 48 hours (2 days) after CT scan.
- Your health care provider will provide a written order for the blood/lab test.
- Restart these medications **after** your health care provider notifies you that your kidney function is normal.
- Drink extra fluids and follow your diet as instructed by your health care provider.
- You may take all other medications.
- Call your health care provider if you have any problems or concerns regarding these medications.

