

CT Scan Information/Preparation Guide

APPOINTMENT LOCATION :

St. Michael's Hospital 30 Bond Street Toronto, ON M5B 1W8

- ▶ Enter from Queen Street
- ▶ Check in at 3rd Floor Cardinal Carter Wing Medical Imaging Reception Desk
- ▶ Be sure to bring your Ontario Health (OHIP) Card or other health insurance
- ▶ Please wear loose and comfortable clothing without metal zippers, buttons, or clasps to your appointment. Otherwise, you may be asked to change into a hospital gown prior to your scan.

CT SCAN WITHOUT CONTRAST :

- ▶ Please arrive 15 minutes before your appointment time to check-in

If your physician has requested a CT scan without contrast, the exam will only take about 5 minutes in the procedure room and has no preparation for the exam. You will be called from the waiting area and asked to change if necessary for your procedure. The technologist will answer any questions that you may have at this time. Please continue taking all of your medications.

Please be aware that this is a trauma and stroke center and there may be delays.

CT SCAN WITH CONTRAST :

- ▶ Please arrive 15 minutes before your appointment time to check-in

For your scan, you will be met by a technologist in the waiting room and asked to change if necessary. You will require an IV to be inserted for your scan. The technologist will explain the procedure, perform a short interview to ensure that we can safely administer contrast to you, and answer any questions that you may have at this time. Upon injection, contrast may make you feel warm, have a metallic taste in your mouth, cause you to smell plastic or feel as if you wet your pants. These are all normal feelings. The technologist will be asking questions about allergies- if you feel itchy or short of breath after injection, please inform your technologist. If you had an allergic reaction to a contrast injection on a previous visit to Medical Imaging, please speak to your physician to arrange for premedication. The premedication protocol is available on the CT requisition.

Most contrast scans only take 5-10 minutes in the scan room. Exceptions to this would include, enterography, cardiac, and TAVI scans- please see below for these examination instructions.

CARDIAC/PULMONARY VEINS/ TAVI/ TMVR /TTVR SCANS:

► Please arrive 15 minutes before your appointment time to check-in

EXAM PREPARATION INSTRUCTIONS

1. Exam will take approximately 20 minutes in the room.
2. Drink 2-3 glasses of water before coming for your appointment.
3. Do not stop taking your medication.
4. Do not exercise on the morning of the exam.
5. Do not consume any coffee, tea, caffeinated beverages or soft drinks for 12 hours prior to the exam.
6. Your test will include an injection of CT dye. If you are allergic, please speak to your physician to arrange for premedication. The premedication protocol is available on the CT requisition.

7. Patients with renal dysfunction (excluding kidney stones) must have a serum creatinine blood test done within 6 months prior to the CT. Failure to do so will result in cancellation of the exam.

For your scan, you will be met by a technologist in the waiting room and asked to change if necessary. You will require an IV to be inserted for your scan. The technologist will explain the procedure, perform a short interview to ensure that we can safely administer contrast to you, and answer any questions that you may have at this time. Upon injection, contrast may make you feel warm, have a metallic taste in your mouth, cause you to smell plastic or feel as if you wet your pants. These are all normal feelings. The technologist will be asking questions about allergies- if you feel itchy or short of breath after injection, please inform your technologist. If you had an allergic reaction to a contrast injection on a previous visit to Medical Imaging, please speak to your physician to arrange for premedication. The premedication protocol is available on the CT requisition.

ENTEROGRAPHY SCANS:

EXAM PREPARATION INSTRUCTIONS:

DAY BEFORE EXAM:

- ▶ Eat regularly
- ▶ At 5:00pm take a mild laxative (Dulcolax, Milk of Magnesia, Mineral Oil, Prune Juice)

DAY OF EXAM:

- ▶ Please arrive 45 minutes before your appointment time to check-in
- ▶ Take only clear fluids (i.e. water) until noon.
- ▶ Do not stop taking your medications.

► Your test will include an injection of CT dye. If you are allergic please speak to your physician to arrange for premedication. The premedication protocol is available on the CT requisition.

► Patients with renal dysfunction (excluding kidney stones) must have a serum creatinine blood test done within 6 months prior to the CT. Failure to do so will result in cancellation of the exam.

For your scan, you will be met by a technologist in the waiting room and asked to change if necessary. You will require an IV to be inserted for your scan. The technologist will explain the procedure, perform a short interview to ensure that we can safely administer contrast to you, and answer any questions that you may have at this time. Upon injection, contrast may make you feel warm, have a metallic taste in your mouth, cause you to smell plastic or feel as if you wet your pants. These are all normal feelings. The technologist will be asking questions about allergies- if you feel itchy or short of breath after injection, please inform your technologist. If you had an allergic reaction to a contrast injection on a previous visit to Medical Imaging, please speak to your physician to arrange for premedication. The premedication protocol is available on the CT requisition.

The technologist will then give you 3 drinks of water mixed with Sorbitol every 15 min until your scan time. The drink is sweet, and will make you feel like you need to use the washroom, please try to hold in the contents until your scan.

Your procedure will take 20 minutes in the scan room. A physician will come to give you a medication to decrease spasm in your bowel for better imaging prior and will explain this to you after a short interview to be sure that it is safe to give you the medication. This will take place on the scanning table. After the scan, you may want to use the washroom, change into your regular clothes, and use the washroom again before leaving. The drink given for this exam can cause loose bowels.

CT BIOPSY :

APPOINTMENT LOCATION

St. Michael's Hospital 30 Bond Street Toronto, ON M5B 1W8

Surgical Day Care/Day Surgery 5th Floor Donnelly Wing

- ▶ **Come 2 hours before your appointment time to check-in**
- ▶ **Bring your Ontario Health (OHIP) Card or other health insurance**
- ▶ **Enter from Queen Street (B1 Donnelly Wing)**

EXAM PREPARATION INSTRUCTIONS:

- 1. Exam takes about 60 minutes.**
- 2. You will be brought down to radiology from Surgical Daycare and returned to Surgical Daycare after the procedure.**
- 3. If you are not diabetic, please fast from midnight. Diabetic patients may continue their normal routine.**
- 4. If you are taking a blood thinner (such as Coumadin, Plavix, Aspirin), please contact your physician immediately to discuss if and when to stop taking your blood thinner.**
- 5. Please arrange for an escort to take you home and have them call (416) 864-5253 to ask when you will be ready to leave the hospital.**

You will be met by a radiologist who will go over the procedure with you and obtain consent once you have arrived in Medical Imaging. A team will help prepare you for your procedure and you may be given sedation at this time.