

Computed Tomography (CT) Preparation

During scheduling and prior to your exam:

Please notify our staff when scheduling your appointment AND when checking in for your appointment if any of the following apply to you:

- If there is any possibility that you are pregnant.
- If you are allergic to contrast.
- If you need an interpreter to assist you with your native language.

How should I prepare for the procedure?

- Wear something that is comfortable and easy to remove. For most scans you will be asked to change into a gown. Metal objects interfere with the image quality so avoid clothing with zippers or snaps.
- **Intravenous contrast exams:** Patients will receive an injection of Iodine-based dye at the time of the exam.
- **Oral contrast exams:** Patients will be given oral contrast to drink approximately one and a half (1.5) hours prior to the exam. Length of stay is a minimum of two (2) hours.
- **CT Abdomen with Oral Contrast:** Length of stay is a minimum of one and a half (1.5) hours.
- **CT Abdomen and Pelvis with Oral Contrast:** Length of stay is a minimum of two (2) hours.
- **CT Enterography:** No food or liquids four (4) hours prior to exam.
- **Cardiac CTA:** No Phosphodiesterase Type 5 Inhibitor such as VIAGRA®, CIALIS®, LEVITRA®, etc.) for two (2) days prior to the exam.
- **CT Colonography (Virtual Colonoscopy):** Patients should follow the instructions regarding fasting (NO FOOD), clear fluids and the bowel cleansing preparation prescribed by their doctor. It is important that the patient follow his/her doctor's instructions before the exam. Patients must pick up prep at Weill Cornell Imaging, at least two (2) days prior to exam. All of the necessary medication and specific preparation instructions will be provided. No food or liquids four (4) hours prior to the exam.
- **If Patient has Diabetes or Decreased Kidney Function:** It is recommended that BUN and creatinine blood levels be obtained by your physician and the results be forwarded to Weill Cornell Imaging prior to the exam (lab work must be done within two (2) weeks of CT scan).
- **Diabetic Patients:** If on oral hypoglycemic such as Glucophage®, you should stop these agents for 48 hours after the CT scan if you received intravenous (IV) contrast.

It is important that you bring the following with you on the day of your appointment:

- A copy of the prescription for your examination if it was given to you.
- A list of your current medications.
- Your insurance information.

What can I expect on the day of my appointment?

When you arrive in our office, you will be asked to verify your identification and exam. Patient verification is an important part of your safety and you will be asked to verify your identification several times during your appointment. Our check-in staff will ask you to complete registration forms that will allow us to collect your medical history and any necessary insurance information. One of our technologists will then escort you to the changing area and review your medical history. You may be asked to remove hairpins, jewelry, eyeglasses, hearing aids, and any removable dental work, depending on the part of the body that is being scanned.

You will be positioned on a table and moved through the CT machine so that we are able to acquire the necessary images. You may hear humming sounds during the procedure as the x-ray tube and detectors rotate. You may be asked to hold your breath for certain studies to ensure clear images.

Some CT scans require the use of an iodinated contrast material, also known as "x-ray dye." Depending on the type of study, you may receive contrast orally, intravenously, or both. Oral contrast may be given one to two hours prior to the actual examination to allow distribution through your bowel. Intravenous (IV) contrast is given at the time of the examination. If IV contrast is required, a skilled nurse or technologist will start the IV, usually in the arm or hand, prior to the examination. The IV will be removed immediately afterward.

Our staff is available to address any questions or concerns that you might have before, during, or after your appointment. Please call 212-746-6000 if you wish to speak with us.