

## **Your CT Scan Patient Guide**

Patient care and diagnosis have significantly improved with the growing use of computed tomography (CT). CT scanning blends the traditional technology of X-rays with the latest computer innovations.

Using a series of X-ray beams, the CT scanner creates cross-sectional images. A computer reconstructs these “slices” to produce the 3-D image. The result is a picture with greater detail than traditional X-rays.

### **How do I prepare?**

Speak with your doctor or the radiology department about preparing for the CT exam.

### **Contrast Media**

Your doctor is interested in seeing specific body areas. Therefore, in some CT exams, a contrast media is used to make these areas appear more visible.

You may feel a slight warming sensation when the contrast medium is administered with a small IV. Consult with your physician prior to your CT exam if you have an allergic reaction to iodine which is used in the contrast medium.

### **During the Exam**

A CT exam is a quick, painless procedure. The scanner will acquire the images in just a few seconds while you are comfortably lying on the patient table. Exam times will vary.

- You may be asked to wear a gown for image clarity.
- You may be asked to remove jewelry and other metallic items for image clarity.
- Your exam table will slowly move into scanning position within the CT scanner’s doughnut-shaped opening.
- During the few seconds the scanner captures the image, you will be asked to remain still and hold your breath.

### **After the Exam**

After the exam, all normal activities may be resumed, unless otherwise directed by your doctor. The radiologist will then interpret your films and report the findings to your physician. Your doctor will discuss these results with you and explain what they mean in relation to your health. All normal activities may be resumed. If you are taking metformin, please check with your doctor.