



DIAGNOSTIC IMAGING PATIENT INSTRUCTIONS

CT WITH CONTRAST

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic
1230 East Main Street, Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Diagnostic Imaging Department.

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

What is a CT with Contrast:

This test is a specialized x-ray that will generate multiple computerized images of the area being examined.

How do I prepare for the test:

- Before scheduling your test, please tell your provider if you are:
 - Pregnant or think you may be pregnant.
 - Breastfeeding – Less than 1% of contrast medium ingested by the infant is absorbed by its gastrointestinal tract. If you have concern for potential side effects to your infant, you may abstain from breastfeeding for 12-24 hours following your test.
 - Allergic to intravenous contrast (IV X-ray dye) – You may need to take special medication before your test.
- A lab creatinine / eGFR value may need to be drawn before your test to check your kidney function.
 - If your kidney function is too low, your provider may schedule you for IV fluids after your test.
 - Please allow 2-4 hours for this hydration, and you will be notified prior to your test if this is required.
- Continue to take your normal medications.
- If you wear a glucose monitor, you will be required to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their imaging appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- Two days before your test, the radiologist will review if the test ordered is appropriate for your condition. In order to provide the best test with lowest radiation, there is a chance the radiologist may modify your test. This may involve a need to adjust your prep and/or arrival time. A technologist would contact you by phone to discuss any changes.
- **Exam prep for all ages:** 4 hours prior to your appointment, please avoid all solid food. It is important that you drink a variety of fluids to prevent dehydration. You may have any of the following fluids up to your arrival time: juice, coffee, water, tea or pop/soda.

What will happen during the test:

- The CT scanner is a large machine that is shaped like a donut.
- You will be asked to undress for this test and to remove any jewelry and/or piercings from this area.
- You will be asked to lie on your back on the scanning table with your arms placed above your head.
- You will NOT be given anything to drink.
- An intravenous needle (IV) will be inserted in your arm so contrast can be injected through the IV during your test in order to better visualize your anatomy. You may experience a warm feeling throughout your body and get a metal taste in your mouth from the contrast.
- Your test will take approximately 20 minutes once in the scan room.

Instructions for after your test:

- You may resume your regular diet unless you have been given other instructions.
- Drink plenty of water for the remainder of the day to flush the contrast out of your system.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.