

RUTLAND REGIONAL MEDICAL CENTER
DIAGNOSTIC IMAGING DEPARTMENT
160 ALLEN STREET
RUTLAND, VERMONT 05701
747-1755

C.A.T. (COMPUTERIZED AXIAL TOMOGRAPHY) SCAN PREPARATION

WHAT IS A C.A.T. SCAN (COMPUTERIZED AXIAL TOMOGRAPHY)?

This is a diagnostic x-ray examination performed by a technologist trained in the proper use of the equipment. This exam produces “slice like” pictures of different parts of the body by using computers. C.A.T. (or CT) scans are able to detect conditions that regular x-rays cannot.

NOTE: Any woman **questioning pregnancy** should let their doctor know.

Diabetic patients currently taking: Glucophage, Metformin, Glucovance, Metaglip or Avandamet. Stop these medications the day of your exam and 48 after the examination.

Instructions will be given by the Imaging Nurse on what is expected.

DIABETICS REQUIRING INSULIN SHOULD CHECK WITH THEIR PHYSICIAN PRIOR TO THE EXAM TO ADJUST THEIR DOSAGE IF FASTING IS REQUIRED.

PREPARING FOR YOUR CAT SCAN

Please do not eat or drink four hours prior to your exam time. You will be asked to lie flat on a movable table. **If you have any difficulties lying flat please be sure and let your physician know.** The table will move you through a large, donut shaped scanner. The machine will make noises during the scan. This is normal and is nothing to be concerned about. You may be asked to hold your breath at times and the technologist may give additional directions. The technologist can hear and see everything through an intercom and TV monitor. If you need help, just ask. Staff may enter the room during the examination; again this is normal and need not cause concern.

If you are having an abdominal scan you will need to arrive 2 hours and 15 minutes before your scheduled CT scan time to drink 2 bottles of oral contrast one per hour. This is done to outline your internal organs. You will be given intravenous contrast, so that other internal organs are better seen.

If you are having a chest, head, neck, or orbital exam, you will need to arrive ½ hour before you scheduled time. You may be given intravenous contrast.

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If you are having a spine, sinus, arm or leg exam, you usually will not receive contrast for this exam.

You may be asked to wait after your exam while your doctor is called with the results.

HOW MUCH TIME SHOULD YOU ALLOW FOR YOUR EXAM?

Preparation time varies. If your scan requires oral contrast, allow at least 2-3 hours for the exam to be completed. Other exams will take from 15-60 minutes to complete. **If you have been pre-registered with Outpatient Registration** please come directly to the Diagnostic Imaging Department.

HOW DO YOU FIND OUT THE RESULTS OF YOUR EXAM?

The radiologist will study your exam and send a typed report to your doctor. Unless otherwise specified, plan on the report reaching your doctor in 2 to 3 working days.

WHAT TO EXPECT AFTER YOU EXAM

If you received oral and intravenous contrast, drink several glasses of water to flush this out of your system. There will be no change in the color of your urine; however, your stools may be lighter in color for a day or so. The effects of the oral contrast vary and some patients report an increase in loose stools. This should only be temporary. Please plan the rest of your day accordingly

The C.T. Department wishes to make you as comfortable as possible during your exam. Should you have any questions or concerns before or during your exam, just ask and we will be happy to answer them for you. You may call the Diagnostic Imaging Department directly at 747-1755.