Abdomen CT Scan - The James

A CT (computed tomography) scan uses a special x-ray machine and computer. An abdomen CT creates pictures of thin slices or segments of your abdomen. This scan may also take pictures of your pelvis. Your doctor has ordered this scan to help diagnose a problem or help plan your cancer treatment.

For most abdomen CT scans, you will be asked to drink a medicine, called contrast, to coat your stomach and intestines before your scan. In some cases, a different contrast medicine will be injected through a small needle or an intravenous (IV) catheter placed in your hand or arm. This medicine lets certain areas of your body, such as your veins and arteries, show up better on the CT scan.

How to Prepare for Your CT Scan

- If you are not on any fluid restrictions from your doctor, you will need to increase the amount of water you drink the evening before your CT scan. Drink at least 5 cups of water or until your urine looks clear. This will help flush the contrast medicine from your body after your scan is done.

- **Do not eat or drink anything, except water, 4 hours before your scan.**
- You may continue to drink water the day of your scan.
- You may take your normal medicines with water before your scan.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

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• **If you have diabetes**, talk to your doctor about all medicines you take and if those medicines need to be changed before your CT scan.

• **Tell the radiology technologist if you are pregnant or think you may be pregnant.**

• **Tell the radiology technologist if you have an allergy to contrast medicines.**

• Plan for your CT scan appointment to take about 1 hour and 30 minutes.

• **If you are unable to keep your appointment, call radiology scheduling at 614-293-4333.**

Day of Your CT Scan

• **Arrive 1 hour before your appointment time.**

• Bring a list of your medicines, including prescription and over-the-counter medicines, herbal products and vitamins.

• Bring your photo ID and health insurance card with you.

• If you have a subcutaneous (under your skin) port that is power injectable, bring documentation that states your port is power injectable.

• A radiology technologist will talk with you about your health history.

• Lab tests may be done to check your kidney function and pregnancy status.

• You may be given contrast to drink 45 minutes before your CT scan. You must drink all of the contrast.

During Your CT Scan

• A radiology technologist will help position you on the CT scan table.

• If needed, contrast may be injected through a small needle or an intravenous (IV) catheter placed in your hand or arm. It is normal to get a warm feeling when the contrast material is injected. Tell your radiology technologist if you have any unusual sensations or feelings.

  ▶ Tell your radiology technologist if you have a subcutaneous (under your skin) port that is power injectable.

• During your scan, you will need to stay still and hold your breath as told by the radiology technologist. Your CT scan will take about 10 minutes.
After Your CT Scan

- If you have no other tests scheduled, you will be able to return to your normal diet and activities after your CT scan. No other special care is needed.

- If you had contrast medicine, drink 8 cups of non-caffeinated fluid during the day to flush the contrast medicine out of your body.

- A radiologist, a doctor who specializes in radiology, will review your CT scan and send a final report to your doctor.

- If you have any problems or questions after your CT scan, call your doctor.