C.A.T. (Computerized Axial Tomography) Scan Preparation

What is a C.A.T. Scan?

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 C.A.T. 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 scan time to drink two 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.