



IMAGERIE MÉDICALE | MEDICAL IMAGING

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PREPARATION FOR CT SCAN

Depending on the type of CT scan you will be undergoing, a preparation might be required.

General CT scans

- Any CT scan exam that requires an injection of iodine contrast, requires the results of your creatinine level. This is obtained from a simple blood test, the results of which must be forwarded to the clinic prior to making an appointment.
- You may also be required to drink a gastrografin cocktail if you are having an abdominal/pelvic scan.
- You are asked not to eat or drink for 3 hours prior to any exams requiring an injection of contrast.
- Diabetic patients must stop Glucophage or Metformin 24 hours before and 48 hours after their CT scan.

Cardiac Scoring

1. No exercise 24 hrs before the exam
2. No caffeine 12 hours prior to the exam.
3. No food 4 hours prior to the exam.

Contra-indication:

- If your resting heart rate is in excess of 80 bpm, you must see your cardiologist who may prescribe medication to lower your heart rate temporarily for the exam. You cannot undergo the exam until your resting heart rate is 70 or lower.
- Patients with severe arrhythmia cannot undergo the exam.
- Patients with a dual chamber pacemaker cannot undergo the exam.
- DO NOT stop your regularly prescribed heart medication.

CT Enterography

- Drink 10 ounces of chilled CITROMAG at 4 pm the day before your exam.
- Clear liquid diet (see below) as of 4 pm the day before your exam.
- Do not eat or drink after 10 pm the eve of your exam.
- Bring 1 litre of 3.25% milk the day of your exam.

Definition of Liquid Diet *Drink 6 to 8 ounces of water per hour*

- Water
- Filtered juice without pulp
- Tea, coffee, herbal tea (sugar but no milk)
- Beer (in moderation)
- Clear broth or consommé
- Gatorade ®, Jell-O ®