



What is a CT?

A computerized tomography (CT) scan combines a series of X-ray images taken from different angles and uses computer processing to create internal cross-sectional images, or slices, of the bones, blood vessels and soft tissues. CT scan images provide more detailed information than plain X-rays. You will lie comfortably while the exam is performed. For some exams, contrast is required to increase the visibility of blood vessels and other organs; the contrast is given to you either intravenously or orally.

How do I prepare for a CT?

- Wear comfortable, loose-fitting clothing
- Avoid jewelry, watches, or metal objects
- You may be asked to change into a gown

If your CT **includes** contrast, you may receive a contrast dye orally, intravenously, or both to enhance image clarity.

- Do not eat for 4 hours before your exam
- An increased water intake for 24 hours prior to your exam is encouraged
- You will need a blood test prior to your CT if you have a history of:
 - Known Chronic Kidney Disease
 - History of acute kidney injury
 - Kidney ablation
 - Renal Cancer
 - Diabetes
 - Albuminuria

If your CT **does not include** contrast, no dye is used. You may eat and drink normally unless instructed otherwise.

Scan	Goal
Sinus	To diagnose chronic or recurrent acute sinusitis, visualize abnormalities and detect cause of infection.
Orthopedics	To detect several conditions including injuries, fractures to wrists, hands, feet and hips.
Spine/Vertebrae	To detect tumors, injuries, deformities, narrowing of the spinal canal (spinal stenosis) and other problems of the spine.
Abdomen/Pelvis for Renal Stone	To detect kidney stones and evaluate the kidneys, ureter and bladder.
Cardiac Calcium Score	To detect coronary artery disease. (No caffeine/smoking 4 hours prior to scan.)
Chest*	To detect infection, lung cancer, pulmonary embolism, aneurysms and diffuse lung disease.
Urinary tract	To detect blockage, abnormal growths, infection, structural problems and diseases of the urinary tract.
Liver	To detect liver tumors, gallbladder and bile disease, diffuse liver disease and renal-portal disease.
Abdomen/Pelvis	To detect several conditions, including cysts, abscesses, infection, tumors, aneurysms, enlarged lymph nodes, foreign objects, bleeding into the abdominal cavity, diverticulitis, inflammatory bowel disease, pancreatitis and appendicitis.
Head/Neck	To evaluate lymph nodes and glands of neck, detect bleeding, clots, aneurysms, skull fractures, diseases of the temporal bone and causes of inflammation.
CT Angiography	To visualize blood flow in the veins and arteries, aortic dissection, clots and aneurysms, as well as to detect narrowing or obstruction specifically in the carotid and renal arteries.

What happens after the CT?

You can usually resume normal activities right away. If contrast dye was used:

- Drink plenty of water to help flush the dye from your system.
- Watch for signs of allergic reaction (rash itching, shortness of breath) and seek medical attention if they occur.