

## **CT Scan Patient Prep Instructions – Oral Contrast** **Examination of Abdomen and/or Pelvis**

You are scheduled for a CT Scan of the Abdomen and/or Pelvis. In order to obtain the highest quality CT Scan, it is necessary for you to drink a barium solution. It is very important that your intestine be very well coated with barium to reduce the possibility of artifacts or foreign matter images on your CT Scan. Please read the following instructions carefully and follow them closely to produce the best diagnostic results. If desired, you may refrigerate the solution.

### **PREPARATION INSTRUCTIONS**

- A. On the evening before the CT Scan, prior to 9:00PM:
1. Shake the barium solution well before drinking
  2. Drink one (1) container of barium solution
  3. Drink one (1) 6-ounce glass of plain water following the barium solution
  4. Do not eat any solid food for four (4) hours before your CT Scan
- B. One (1) hour before your scheduled CT Scan exam:
1. Shake the barium solution well before drinking
  2. Drink one (1) container of barium solution
  3. Drink one (1) 6-ounce glass of plain water following the barium solution

### **Please Note:**

- You may drink fluids such as water, tea, coffee, juices, broth, or soft drinks up to 2 hours prior to your CT Scan.
- Prior to the start of your exam, you may be given an additional small amount of barium or contrast to drink.
- Your CT Scan will take 30-45 minutes.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL RAS AT (916) 453-9999

**If you are having a CTA or CT Angiogram for Aneurysm, Dissection or Stenosis –  
DO NOT TAKE ORAL CONTRAST.**

### **SPECIAL INSTRUCTIONS FOR PATIENTS WHO ARE DIABETIC**

- If you are diabetic or have renal dysfunction and will be receiving IV iodinated contrast for your CT Scan, please follow these hydration instructions: Minimum ½ cup of water orally every 4 hours before scan and 1 cup per hour (during waking hours) for 24 hours after contrast injection.
- If you are diabetic and are on diuretics such as Lasix, do not take 24 hours prior to exam.
- If you will be receiving IV iodinated contrast during the exam and you take Avandamet, Glucophage, Glucophage XR, Glucovance, Metformin, or Metaglip, please discontinue this medication for 48 hours after your CT exam.
- Do not use NSAID's for 24 hours following IV contrast administration. Examples of NSAID's are: Aspirin, Alleve, Amigesic, Celebrex, Clinoril, Daypro, Dolobid, Feldene, Indocin, Lodine, Motrin, Naproxen, Naprosyn, Orudis, Relafen, Tolectin, Toradol, Vioxx, and Voltaren.