

CT Scanning

Preparation

- Brain, bones, inner ear and spine require no specific preparation.
- Abdomen CT scan requires either an injection or drinking of an iodinated contrast material to outline blood vessels and organs more satisfactorily. For this test, you must **fast for 4 hours (with a small amount of water)** before the scan. **Please advise when booking test** if there are any special dietary requirements.
- Patients should wear loose comfortable clothes (no zippers, buttons, jewellery or metallic accessories).
- Patients should arrive 10-15 minutes early to complete paperwork
- Patients must bring their request/referral form on the day (or check that their request/referral is at the practice)
- Notify Lakes Radiology team of any allergies, existing medications and if there is a chance you could be pregnant

Procedure

- CT Scans are each unique in that it is usually tailored to each person and their condition. Predominantly the procedure is outlined below
- The patient will drink the iodinated contrast 1 hour before your appointment (if required)
- The patient will change into a gown then taken to the CT scanning room
- The patient will lie on a bed which will slide in and out of a circular donut type shaped scanner. A test scan/s are taken to test the equipment
- The technician will talk to you during the scan, asking you to lie still, hold your breath and other instructions.
- The technician will administer the iodinated contrast injection (if required)
- The technician will check the images to ensure appropriate scans have been taken
- The technician will come into the room to assist you off the bed
- If you have had a cannula inserted, the technician will check the cannula site and ensure the patient is able to leave
- The patient should not carry or lift anything heavy for about an hour after the removal of the cannula

Risks or Side Effects

- The majority of people do not have any adverse effect from a CT scan.
- After the test, you should be able to eat and drink as normal and resume regular activities.
- Some patients do experience a strange metallic taste and a warm body sensation (usually around the groin or buttocks) if an iodinated contrast is injected, however this usually disappears very quickly.
- There is a rare risk of an allergic reaction to the iodinated contrast. If the patient experiences any vomiting, rash, itching, dizziness or headache the patient should advise the technologist or receptionist immediately.
- At TrueScan Radiology, we minimise this risk with low-radiation equipment, protective lead shields for sensitive areas and highly-targeted scanning, therefore minimising the small risk associated with the small level of radiation exposure during a CT scan.