



Medical Clinic of Houston, L.L.P.

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Preparing for the CT Scan

Upon your arrival in the Radiology department, the receptionist will ask you to complete a family history questionnaire.

Wear comfortable, loose-fitting clothing to your exam. You may be given a gown to wear during the scan.

In preparation for a CT scan, patients are often asked to avoid food, especially when contrast material is to be used. Therefore, fluids and food may be restricted for 4 hours prior to the examination, excluding medications. Medications can still be taken with little water. A special dye called a contrast material is needed for some CT scans, to help highlight the areas of your body being examined.

Contrast material can enter your body in a variety of ways:

- Oral. If your esophagus or stomach is being scanned, you may need to swallow a liquid that contains contrast material. ***If you are required to drink barium for a CT procedure, you must arrive 1 hour and 30 minutes prior to the scheduled appointment time.***
- Injection. Contrast agents can be injected through a vein in your arm, to help view your gallbladder, urinary tract, liver or blood vessels. You may experience a feeling of warmth during the injection or a metallic taste in your mouth.
- Rectal. A contrast material may be inserted in your rectum to help visualize your intestines. This procedure can make you feel bloated and uncomfortable.

You should inform your physician of any medications you are taking and if you have any allergies, especially to contrast materials.

Also inform your doctor of any recent illnesses or medical conditions, and if you have a history of heart disease, asthma, diabetes, kidney disease or thyroid problems. Any of these conditions may increase the risk of an unusual adverse effect.

Women should always inform their physician and/or technologist if there is any possibility that they are pregnant.

After the procedure

The results of the radiologist's report will be furnished to your physician who will explain them to you and recommend treatment, if needed.