

# Patient Preparation for CT

Computed tomography (CT) uses X-rays to create highly detailed images of internal organs. Since CT scanners are capable of rotating the X-ray device, they can image detailed cross sections, called “slices,” of areas of the body. Unlike images from conventional X-rays, CT shows details of all tissues including organs, bones, blood vessels, etc.

**Please follow instructions below. Proper preparation is important for a good examination and your personal comfort. Please bring your referral form, photo ID, medical insurance, and a complete list of all current medications with you at the time of your examination.**

## CT Scan – Abdomen and/or Pelvis

### If A.M. appointment:

- Drink half of Readi-Cat at bedtime, the night before the exam.
- Drink remaining half 2 hours prior to exam time.
- After drinking the second half, do not eat or drink anything else. Including no water, gum, or hard candies.
- Take all medications except diabetic meds containing metformin or glucophage.
- The Readi-Cat is better tasting when chilled. DO NOT USE IF SEAL IS BROKEN OR MISSING

### If P.M. appointment (12pm or after):

- Drink half of Readi-Cat 6 hours before exam time.
- Drink remaining half 2 hours prior to exam time.
- After drinking the second half, do not eat or drink anything else. Including no water, gum, or hard candies.
- Take all medications except diabetic meds containing metformin or glucophage.
- The Readi-Cat is better tasting when chilled. DO NOT USE IF SEAL IS BROKEN OR MISSING

## CT Scan – Head or Chest

- Nothing to eat 2 hours prior to exam (Including no gum or hard candies), but you can drink water up to the time of your appointment.
- You may take all current medications.

## CT Scan – Spine or Extremities

- No prep necessary