

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

Obtain 2 **bottles** of Readi-Cat from either your referring physician (at the time of scheduling) or the closest RMI office.

If A.M. appointment:

- Drink ½ of first bottle just before bedtime, finish the rest of the first bottle 2 hours before your arrival time.
- Drink ½ of the **second bottle** when you arrive at the RMI office.
- Bring the remainder of the **second bottle** into the office, you will drink that ½ just before the scan.

If P.M. appointment (12pm or later):

- Drink ½ of first bottle 6 hours before your scan time, finish the first bottle 2 hours before your arrival time.
- Drink ½ of the **second bottle** when you arrive at the RMI office.
- Bring the remainder of the **second bottle** into the office, you will drink that ½ just before the scan.

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