



# CT Preparation Instructions

**CRH**-Campbell River Hospital; **CDH**-Cowichan District Hospital; **NRG**-Nanaimo Regional Hospital; **RJH**-Royal Jubilee Hospital; **SJH**-St. Joseph's Hospital; **SPH**-Saanich Peninsular Hospital; **VGH**-Victoria General Hospital; **WCG**-West Coast General.

Procedure	Site	Preparation
<p><b><u>INSTRUCTION #1</u></b></p> <p><b><u>For the following exams:</u></b></p> <p>CT Abdomen with Contrast</p> <p>CT Abdomen/ Pelvis with Contrast</p> <p>CT Chest/Abdomen with Contrast</p> <p>CT Chest/Abdomen Pelvis with Contrast</p> <p>CT Neck /Chest/Abd Pelvis with Contrast</p> <p>CT Neck/Chest/Abdomen Upper with Contrast</p> <p>CT Pelvis Venogram</p> <p>CT Pelvis with Contrast</p>	<p>All sites except:</p> <p><b>CDH</b></p> <p><b>SPH</b></p>	<p>Arrive <b>45 minutes</b> prior to your appointment. You may receive oral contrast prior to your exam.</p> <p>Length of exam: <b>20 minutes</b>.</p> <p><b>Food:</b> Do not eat <b>2 hours</b> prior to your appointment. If you are required to take food with your medication, a small amount of food is allowed.</p> <p><b>Liquids:</b> Drink at least <b>1 litre</b> of non-caffeinated clear fluids over the <b>2 hours</b> prior to your appointment. A full bladder is not required.</p> <p><b>After Exam:</b> Drink <b>1 litre</b> of non-caffeinated fluids over the <b>3 hours</b> following your exam.</p> <p>Continue to take your medications as directed and resume your regular diet.</p> <p><b>Diabetic patients:</b> For this fasting exam, to maintain your sugar levels, you are allowed clear fruit juices up to an hour prior to your appointment.</p> <p>If you are on chronic dialysis with fluid intake restrictions, do not follow the drinking instructions outlined above</p> <p>Wear comfortable clothing- no zippers, jewelry or metallic objects in the area to be scanned.</p> <p>Island Health is a scent free facility. Do not wear perfume, cologne or any scented products.</p> <p>If the patient is a child you may receive additional instructions from the hospital</p>
	<p><b>CDH</b></p>	<p>Follow the above instructions <b>EXCEPT:</b> Arrive <b>1 hour and 20 minutes</b> prior to your appointment.</p>
	<p><b>SPH</b></p>	<p>Follow the above instructions <b>EXCEPT:</b> Arrive <b>20 minutes</b> prior to your appointment.</p>



## CT Preparation Instructions

<p><b><u>INSTRUCTION #2</u></b></p> <p><b><u>For the following exams:</u></b></p> <p>CT Angiogram</p> <p>CT Ankle with Contrast</p> <p>CT Chest with Contrast</p> <p>CT Elbow with Contrast</p> <p>CT Extremity with Contrast</p> <p>CT Facial Bones with Contrast</p> <p>CT Head &amp; Orbits with Contrast</p> <p>CT Head with Contrast</p> <p>CT Hip with Contrast</p> <p>CT IAC with Contrast</p> <p>CT Knee with Contrast</p> <p>CT Lower Extremity Venogram</p> <p>CT Nasopharynx &amp; Neck with Contrast</p> <p>CT Nasopharynx with Contrast</p> <p>CT Neck &amp; Chest with Contrast</p> <p>CT Orbit Sella with Contrast</p> <p>CT Shoulder with Contrast</p> <p>CT Sinus with Contrast</p> <p>CT Soft Tissue Neck with Contrast</p> <p>CT Spine Cervical with Contrast</p> <p>CT Spine Lumbar with Contrast</p> <p>CT Spine Thoracic with Contrast</p> <p>CT Upper Extremity Venogram</p> <p>CT Vertebroplasty</p>	<p>All Sites</p>	<p>Arrive 20 minutes prior to your appointment.</p> <p>Length of exam: up to 30 minutes</p> <p><b>Food: Do not eat 2 hours prior to your appointment. If you are required to take food with your medication, a small amount of food is allowed.</b></p> <p><b>Liquids: Drink at least 1 litre of non-caffeinated clear fluids over the 2 hours prior to your appointment. A full bladder is not required.</b></p> <p><b>After Exam: Drink 1 litre of non-caffeinated fluids over the 3 hours following your exam.</b></p> <p><b>Continue to take your medications as directed and resume your regular diet.</b></p> <p><b>Diabetic patients: For this fasting exam, to maintain your sugar levels, you are allowed clear fruit juices up to an hour prior to your appointment.</b></p> <p><b>Wear comfortable clothing- no zippers, jewelry or metallic objects in the area to be scanned.</b></p> <p><b>Island Health is a scent free facility. Do not wear perfume, cologne or any scented products.</b></p> <p><b>If the patient is a child you may receive additional instructions from the hospital</b></p>
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<p><b><u>INSTRUCTION #3</u></b></p> <p><b><u>For the following exams:</u></b></p> <p>CT Ankle without Contrast</p> <p>CT Body Dual Energy</p> <p>CT Cardiac Calcium Score</p> <p>CT Chest without Contrast</p> <p>CT Clavicle without Contrast</p> <p>CT Cystogram</p> <p>CT Dental</p> <p>CT Elbow</p> <p>CT Extremity without Contrast</p> <p>CT Facial Bones without Contrast</p> <p>CT Femur without Contrast</p> <p>CT Foot without Contrast</p> <p>CT Forearm without Contrast</p> <p>CT Hand without Contrast</p> <p>CT Head and Facial Bones</p> <p>CT Head and Sinus</p> <p>CT Head and Spine Cervical</p> <p>CT Head without Contrast</p> <p>CT Hip without Contrast</p> <p>CT Humerus without Contrast</p> <p>CT IAC without Contrast</p> <p>CT Kidneys Ureters Bladder</p> <p>CT Knee without Contrast</p>	<p>All sites</p>	<p>Arrive 20 minutes prior to your appointment.</p> <p>Length of exam: 30 minutes.</p> <p>Wear comfortable clothing- no zippers, jewelry or metallic objects in the area to be scanned.</p> <p>Island Health is a scent free facility. Do not wear perfume, cologne or any scented products.</p> <p>If the patient is a child you may receive additional instructions from the hospital</p>



## CT Preparation Instructions

CT Leg Lengths Scanogram		
CT Lower Extremity Dual Energy		
CT Nasopharynx and Neck without Contrast		
CT Nasopharynx without Contrast		
CT Neck and Chest without Contrast		
CT Orbit Sella without Contrast		
CT Pituitary Fossa		
CT Sacrum and Coccyx		
CT Shoulder without Contrast		
CT SI Joints		
CT Sinus without Contrast		
CT Soft Tissue Neck without Contrast		
CT Spine Cervical and Thoracic		
CT Spine Cervical without Contrast		
CT Spine Lumbar and SI Joints		
CT Spine Lumbar without Contrast		
CT Spine Post Vertebroplasty		
CT Spine Thoracic and Lumbar		
CT Spine Thoracic without Contrast		
CT Sternoclavicular Joints		
CT Tibia/Fibula without Contrast		
CT TM Joints		
CT Upper Extremity Dual Energy		
CT Wrist without Contrast		



## CT Preparation Instructions

<p><b><u>INSTRUCTION #4</u></b></p> <p><b><u>For the following exams:</u></b></p> <p>CT Biopsy</p> <p>CT Drainage Abdomen/Pelvis</p> <p>CT Drainage Chest</p> <p>CT Drainage</p> <p>CT Tumor Ablation</p>	<p>All sites</p>	<p><b>**You may receive additional instructions for arrival from another department**</b></p> <p>Arrive 1 hour prior to your appointment.</p> <p>Length of exam: up to 3 hours.</p> <p>If you are taking anticoagulants (blood-thinners), anti-inflammatories, or platelet inhibiting medication such as Aspirin, Coumadin, Ibuprofen or Warfarin, these medications should be discussed with your ordering physician, as they may need to be stopped 1 week prior to your exam date.</p> <p>Within a week of your biopsy date INR-PT blood work must be completed. Contact your ordering physician for the requisition to have this done.</p> <p>If you are on blood thinners, the INR lab work must be done the day prior to your biopsy.</p> <p>Do not eat or drink 4 hours prior to your appointment time.</p> <p>Continue to take your medications unless otherwise directed. You may have sips of water with medications</p> <p>Diabetic Patients: For this fasting exam, to maintain your sugar levels, you are allowed clear fruit juices up to an hour prior to your appointment.</p> <p>Wear comfortable clothing- no zippers, jewelry or metallic objects in the area to be scanned.</p> <p>We recommend that you do not drive yourself home. Please arrange for a ride beforehand.</p> <p>Island Health is a scent free facility. Do not wear perfume, cologne or any scented products.</p> <p>If the patient is a child you may receive additional instructions from the hospital</p>
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## CT Preparation Instructions

<p><b><u>INSTRUCTION #5</u></b></p> <p><b><u>For the following exams:</u></b></p> <p>CT Cardiac Imaging</p>	<p>For sites:</p> <p>CDH</p> <p>CRH</p> <p>SJH</p> <p>WCG</p>	<p>Arrive 30 minutes prior to your appointment.</p> <p>Length of exam: 30-90 minutes.</p> <p><b>Food: Do not eat 2 hours prior to your appointment. If you are required to take food with your medication, a small amount of food is allowed.</b></p> <p><b>Liquids: Drink at least 1 litre of non-caffeinated clear fluids over the 2 hours prior to your appointment. A full bladder is not required.</b></p> <p><b>After Exam: Drink 1 litre of non-caffeinated fluids over the 3 hours following your exam.</b></p> <p>Continue to take your medications as directed and resume your regular diet.</p> <p><b>Diabetic patients: For this fasting exam, to maintain your sugar levels, you are allowed clear fruit juices up to an hour prior to your appointment.</b></p> <p><b>If you are on chronic dialysis with fluid intake restrictions, do not follow the drinking instructions outlined above</b></p> <p><b>Wear comfortable clothing- no zippers, jewelry or metallic objects in the area to be scanned.</b></p> <p><b>Island Health is a scent free facility. Do not wear perfume, cologne or any scented products.</b></p> <p><b>If the patient is a child you may receive additional instructions from the hospital</b></p>
	<p>NRG only</p>	<p>Follow the above instructions <b>EXCEPT: Arrive 60 minutes prior to your appointment</b></p>
<p><b><u>INSTRUCTION #6</u></b></p> <p><b><u>For the following exam:</u></b></p> <p>CT Cardiac Imaging</p>	<p>For sites:</p> <p>RJH</p> <p>SPH</p> <p>VGH</p>	<p><b>Your physician should have arranged for you to have 100mg of oral Metoprolol (unless contraindicated). Contact your physician if this has not been arranged.</b></p> <p><b>Take this medicine with water 1 hour prior to the study.</b></p>



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The drugs you receive prior to the CT may cause a short term lowering of blood pressure.

You should not drive after the study- please arrange for a driver or use public transport or taxi.

Arrive 30 minutes prior to appointment time.

Length of exam: 30-90 minutes.

Have nothing to eat 2 hours prior to your appointment.

No caffeine or other stimulants 12 hours prior to your scan.

Please drink at least 1L of non-caffeinated clear fluids over the 4 hours prior to and 1L of non-caffeinated clear fluids over the 4 hours following your exam.

Continue to take your medications as directed. If you are required to take a small amount of food or water with your medications, a small amount of food or water is allowed.

Please provide a list of cardiac or blood pressure medications you are currently taking.

**Diabetic Patients:** For this Fasting exam, to maintain your sugar levels you are allowed clear fruit juices up to an hour prior to your appointment.

**Dialysis Patients:** If you are on chronic dialysis with fluid intake restrictions, do not follow the drinking instructions outlined above.

Wear comfortable clothing- no zippers, jewelry or metallic objects in the area to be scanned.

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If the patient is a child you may receive additional instructions from the hospital.



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<p><b><u>INSTRUCTION #7</u></b></p> <p><b><u>For the following exams:</u></b></p> <p>CT Abdomen without Contrast</p> <p>CT Chest/Abdomen/Pelvis without Contrast</p> <p>CT Chest/Upper Abdomen without Contrast</p> <p>CT Neck/Chest/Abdomen/Pelvis without Contrast</p> <p>CT Neck/Chest/Abdomen Upper without Contrast</p> <p>CT Pelvis without Contrast</p>	<p>All sites except: CDH</p>	<p>Arrive 20 minutes prior to your appointment.</p> <p>Length of exam: up to 30 minutes.</p> <p><b>Food: Do not eat 2 hours prior to your appointment time. If you are required to take food with your medication, a small amount of food is allowed.</b></p> <p><b>Liquids: Drink at least 1 litre of clear fluids over the 2 hours prior to your appointment.</b></p> <p><b>Continue to take your medications as directed. If you are required to take food with your medication, a small amount of food is allowed.</b></p> <p><b>Diabetic patients: For this fasting exam, to maintain your sugar levels, you are allowed clear fruit juices up to an hour prior to your appointment.</b></p> <p><b>If you are on chronic dialysis with fluid intake restrictions, do not follow the drinking instructions outlined above.</b></p> <p><b>Wear comfortable clothing- no zippers, jewelry or metallic objects in the area to be scanned.</b></p> <p><b>Island Health is a scent free facility. Do not wear perfume, cologne or any scented products.</b></p> <p><b>If the patient is a child you may receive additional instructions from the hospital</b></p>
	<p>CDH</p>	<p>Follow the above instructions <b>EXCEPT: Arrive 1 hour and 20 minutes prior to your appointment</b></p>
<p><b><u>INSTRUCTION #8</u></b></p> <p><b><u>For the following exam:</u></b></p> <p>CT Colonography</p>	<p>All Sites</p>	<p>Arrive 20 minutes prior to your appointment.</p> <p>Length of exam: up to 60 minutes.</p> <p><b>Pick up a preparation package (Barium and Gastrografin from the Medical Imaging Department at your nearest hospital AT LEAST 1 WEEK PRIOR TO YOUR</b></p>





## CT Preparation Instructions

		<p><b>APPOINTMENT.</b> Instructions are provided at the time of package pick up. Refer to these instructions for your CT Colonography exam and read thoroughly before starting the preparation and before visiting your pharmacy for additional bowel preparation.</p> <p>Continue to take your medications as directed. If you are required to take food with your medication, a small amount of food is allowed.</p> <p><b>Diabetic patients:</b> If you take diabetic pills or insulin, the doses of these medications may need to be adjusted prior to your exam as a result of fluid and food restrictions. Consult your doctor prior to your exam for instructions regarding your medication.</p> <p>If you are on chronic dialysis with fluid intake restrictions, do not follow the drinking instructions outlined above.</p> <p>Wear comfortable clothing- no zippers, jewelry or metallic objects in the area to be scanned.</p> <p>Island Health is a scent free facility. Do not wear perfume, cologne or any scented products.</p> <p>If the patient is a child you may receive additional instructions from the hospital</p>
<p><b><u>INSTRUCTION #9</u></b></p> <p><b><u>For the following exams:</u></b></p> <p><b>CT Intravenous Pyelogram</b></p>	<p>All Sites except:</p> <p>NRG</p> <p>SPH</p> <p>RJH</p> <p>VGH</p>	<p>Arrive 45 minutes prior to your appointment.</p> <p>Length of exam: up to 90 minutes from your arrival time in department.</p> <p><b>Food:</b> Do not eat 2 hours prior to your appointment. If you are required to take food with your medication, a small amount of food is allowed.</p> <p><b>Liquids:</b> Drink at least 1 litre of non-caffeinated clear</p>



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		<p>fluids over the 2 hours prior to your appointment. A full bladder is not required.</p> <p><b>After Exam: Drink 1 litre of non-caffeinated fluids over the 3 hours following your exam.</b></p> <p><b>Continue to take your medications as directed and resume your regular diet.</b></p> <p><b>Diabetic patients: For this fasting exam, to maintain your sugar levels, you are allowed clear fruit juices up to an hour prior to your appointment.</b></p> <p><b>If you are on chronic dialysis with fluid intake restrictions, do not follow the drinking instructions outlined above.</b></p> <p><b>Wear comfortable clothing- no zippers, jewelry or metallic objects in the area to be scanned.</b></p> <p><b>Island Health is a scent free facility. Do not wear perfume, cologne or any scented products.</b></p> <p><b>If the patient is a child you may receive additional instructions from the hospital</b></p>
	<p><b>NRG</b></p> <p><b>SPH</b></p> <p><b>RJH</b></p> <p><b>VGH</b></p>	<p><b>Follow the above instructions EXCEPT: Arrive 20 minutes prior to your appointment</b></p>
<p><b><u>INSTRUCTION #10</u></b></p> <p><b><u>For the following exam:</u></b></p> <p><b>CT Sinogram</b></p>	<p><b>All sites</b></p>	<p><b>Arrive 1 hour and 20 minutes prior to your appointment. You may receive oral contrast prior to your exam.</b></p> <p><b>Do not eat 4 hours prior to your appointment time. If you are required to take food with your medication, a small amount of food is allowed.</b></p> <p><b>You may drink clear fluids up to one hour prior to your appointment time.</b></p>



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		<p>Continue to take your medications as directed. If you are required to take food with your medication, a small amount of food is allowed.</p> <p><b>Diabetic patients:</b> For this fasting exam, to maintain your sugar levels, you are allowed clear fruit juices up to an hour prior to your appointment.</p> <p>Wear comfortable clothing- no zippers, jewelry or metallic objects in the area to be scanned.</p> <p>Island Health is a scent free facility. Do not wear perfume, cologne or any scented products.</p> <p>If the patient is a child you may receive additional instructions from the hospital</p>
<p><b><u>INSTRUCTION #11</u></b></p> <p><b><u>For the following exam:</u></b></p> <p><b>CT Small Bowel</b></p>	<p><b>All Sites</b></p>	<p><b>Arrive 1 hour and 20 minutes prior to your appointment.</b></p> <p><b>Length of exam: up to 90 minutes</b></p> <p><b>Food: Do not eat 8 hours prior to your appointment.</b></p> <p><b>Liquids: Drink at least 1 litre of non-caffeinated clear fluids over the 4 hours prior to your appointment. Upon arrival you will be given oral contrast to help visualize your small bowel.</b></p> <p><b>After Exam: Drink 1 litre of non-caffeinated clear fluids over the 4 hours following your exam. Due to the laxative effect of the oral contrast, it is recommended to go home or be close to a washroom facility for up to 4 hours. If you have far to travel, arrange for someone to drive you home. A disposable undergarment is available if needed.</b></p> <p>Continue to take your medications as directed. If you are required to take food with your medication, a small amount of food is allowed.</p> <p><b>Diabetic Patients:</b> For this fasting exam, to maintain your sugar levels, you are allowed clear fruit juices up to an</p>



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		<p>hour prior to your appointment.</p> <p>If you are on chronic dialysis with fluid intake restriction, do not follow the drinking instructions outlined above</p> <p>Wear comfortable clothing- no zippers, jewelry or metallic objects in the area to be scanned.</p> <p>Island Health is a scent free facility. Do not wear perfume, cologne or any scented products.</p> <p>If the patient is a child you may receive additional instructions from the hospital</p>
<p><b><u>INSTRUCTION #12</u></b></p> <p><b><u>For the following exams:</u></b></p> <p>CT Stereotactic Localization</p> <p>CT Stealth Localization for OR</p> <p>CT Therapeutic Injection</p> <p>CT Spine Lumbar Injection</p>	<p>All sites</p>	<p><b>**You may receive additional instructions from another department**</b></p> <p>Arrive 20 minutes prior to your appointment.</p> <p>Length of exam: 30 to 60 minutes</p> <p>Wear comfortable clothing - no zippers, jewelry or metallic objects in the area to be scanned.</p> <p>Island Health is a scent free facility. Do not wear perfume, cologne or any scented products.</p> <p>If the patient is a child, you may receive additional instructions from the hospital.</p>