



Toronto East General Hospital  
Dept. of Diagnostic Imaging  
Bookings office telephone: (416) 469-6580 ext 2040  
fax: (416) 469-6662

APPOINTMENT DATE & TIME: \_\_\_\_\_

## **PREPARATION INSTRUCTIONS FOR CAT SCAN APPOINTMENTS**

- You may continue to have fluids.
- Please take any medications as prescribed, regardless of appointment time.
- If your appointment is between 8:00 AM and 4:00 PM then you will most likely be receiving intravenous x-ray dye. This material is used to obtain additional information from the CT scan. ***If you have a history of allergies, especially to contrast media, then you should notify your attending physician for pre-medication and mention this to the technologist prior to injection.***
- If you are diabetic and will be receiving intravenous x-ray dye, we need a **creatinine** blood test result that is not older than 2 months.
- If you are diabetic, taking Metformin or Glucophage and will be receiving intravenous x-ray dye, consult your attending physician as it should be withheld 48 hours after the examination.

### **CT Head or Chest**

- Nothing to eat 2 hours before the examination. Jewelry, hairpins, bobby pins should be removed before the study.

### **CT Abdomen**

- Nothing to eat 2 hours before the examination. Jewelry, hairpins, bobby pins should be removed prior to the study.

### **CT Pelvis and/or CT abdomen with pelvis.**

- Please pick up a bottle of oral contrast (READI-CAT) from our Diagnostic Imaging department prior to your appointment (not the day of the appointment).
- If your appointment is **before** 11:30 AM, then the night before the exam, please drink the entire bottle of READI-CAT at bedtime. Do not eat for **2 hours** prior to the exam.
- If your appointment is **after** 11:30 AM, then have a small breakfast and drink the entire bottle of READI-CAT **4 hours** before the test.

**CT Renal pelvis protocol** – No preparation necessary.

Please follow the instructions above that correspond to the type of CT scan you are having. Should you have further questions or concerns, please call the bookings office telephone number listed above.



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GENERAL HOSPITAL**

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**PREPARATIONS FOR DI EXAMINATIONS:**

**Gastric Procedures**

- **For all Gastrics patients**
  - If you are diabetic, please inform the technologist on the day of your examination.
- **Upper Gastrointestinal Series/Barium Swallow**
  - Nothing to eat or drink **after midnight** the evening prior to your appointment.
  - Please bring any medications with you to take **after** the exam.
- **G.I. and Small Bowel**
  - The evening prior to your appointment take 2 teaspoons of Milk of Magnesia at 8 PM. Nothing to eat or drink **after midnight**.
  - Please bring any medications with you to take **after** the exam.
- **Barium Enema and Barium Enema with Air Contrast**
  - **The day prior to the examination:**
    - Clear fluids only
    - Take ROY-VAC at 12:30 PM. Follow the instructions on the package.
    - Nothing to eat or drink **after midnight**.

□ **Mammography Procedures**

- Please do not use any deodorant or powder prior to your exam.
- Please bring all previous mammographic films with you that were done elsewhere.

□ **Ultrasound Procedures**

- **Pelvis or for Pregnancy**
  - Drink 1 litre (5 glasses) of fluid (tea, coffee, juice or water) one hour prior to your examination. Do not go to the washroom until the exam is completed. You **must** have a full bladder for this examination. There is no need to fast.
- **Abdomen**
  - If your appointment is in the morning, you must not eat or drink anything after 8 PM the night before.
  - If your appointment is in the afternoon, you may eat a light breakfast consisting of dry toast, black tea or coffee or juice up until 8 AM. Nothing to eat or drink after 8 AM.
- **Thyroid, Scrotum or Neonatal Skull**
  - No preparation is necessary.
- **Abdomen and Pelvis**
  - Any associated barium studies must be done after the ultrasound exam.
  - You may **not** eat 8 hours prior to your examination. Drink 1 litre (5 glasses) of fluid (tea without cream or sugar, coffee without cream or sugar, juice or water) one hour prior to your examination. Do not go to the washroom until the exam is completed. You **must** have a full bladder for this examination.

Please follow the instructions above that correspond to the type of examination you are having. Should you have further questions or concerns, please call the bookings office telephone number listed above.