



CT (Computed Tomography) Patient Preparation Guide

How to get ready for your CT scan safely and comfortably.

What to Expect

- CT uses x-rays and a computer to create detailed cross-sectional images. The exam is painless and typically quick (5–15 minutes for many scans).
- Some CT exams use iodinated contrast dye by mouth or via an IV to better visualize organs and blood vessels.

(1) A Few Days Before Your CT

- **Kidney function & contrast:** Tell us if you have kidney problems, are on dialysis, or had a prior reaction to contrast. Recent blood tests (e.g., eGFR) may be requested for some patients.
- **Diabetes medicines (e.g., metformin):** Follow the instructions from your doctor/center if IV contrast is planned, especially if you have reduced kidney function.
- **Allergies & asthma:** Inform us—premedication may be considered if you had prior contrast reactions.
- **Pregnancy:** Tell us if you are or might be pregnant.

(2) On the Day of Your CT

- **Fasting:** If instructed, avoid solid food for 4 hours before contrast CT; clear liquids are usually allowed. Non-contrast CTs often require no fasting.
- **Oral contrast:** If ordered, allow extra time to drink the contrast; follow arrival time on your appointment letter.
- **Clothing & metal:** Wear comfortable clothing without metal; you may be asked to change into a gown. Remove jewelry, piercings, glasses, dentures/partials, and hearing aids if they interfere.
- **Medications:** Take usual medicines with small sips of water unless told otherwise.

(3) After the Exam

- You can usually resume normal activities. If IV contrast was used, drink water through the day unless your doctor advises otherwise.
- If you were given any sedation, do not drive, drink alcohol, or operate machinery for 24 hours, and have an adult accompany you.

What to Bring

- Photo ID, referral letter, prior imaging/reports if available, and your medication list (including allergies).

Important

Always follow the instructions provided to you by Images Diagnostic Center staff for your specific exam. If they differ from this guide, our center's instructions take priority.