

INSTRUCTIONS FOR CT ABDOMEN AND PELVIS

Medications, Diet and Contrast:

- Continue to take any medications you are currently taking. If you take insulin or oral medication for diabetes, please consult with your physician regarding how much to take and when. All patients taking **GLUCPHAGE / METFORMIN MUST STOP TAKING IT 48 HOURS AFTER THE EXAM.**

If your exam is scheduled before 12:00 noon:

- Drink the first bottle of Read-Cat about 8pm the night before the exam
- Drink the second bottle of Read-Cat 2 hours prior to the exam
- With the exception of the Read-Cat, do not eat anything after midnight the night prior
- You should have fluids up until 2 hours prior to the exam

If your exam is scheduled after 12:00 noon:

- Drink the first bottle of Read-Cat 4 hours prior to the exam
- Drink the second bottle of Read-Cat 2 hours prior to the exam
- With the exception of the Read-Cat, do not eat anything for 4 hours prior to the exam
- You should have fluids up until 2 hours prior to the exam

Keep the Read-Cat refrigerated. You must drink the entire contents. Shake well before drinking. Each bottle must be consumed within 1 hour of opening.

You will be asked to lie still on your back for the entire exam. Most exams are only 10-15 minutes long. You will be requested to hold your breath for 15-20 seconds multiple times. This is very important, if you breathe during the exposure, it will cause motion on the picture, just as in photography.

You may receive contrast medium through a vein. If you have had an adverse reaction to prior intravenous contrast material, please advise your physician as he/ she will want to pre-medicate you