

CT Abdomen Enhanced Patient Instructions

WEEKS or DAYS before your appointment:

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified about your appointment.

Ask your doctor right away about **BLOODWORK** you may need before your appointment, or **MEDICATIONS** you may need to change. **If not complete, you will be rebooked.**

- **Get blood work done within 3 months of your appointment date:** If you have a single kidney, a kidney transplant, kidney disease, or have seen or are waiting to see a nephrologist or urologist.
- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Consult your diabetes care provider:** If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. www.ipumpit.ca
- **Remove your continuous glucose monitoring device (CGMD):** If you have a CGMD and it is in the area being imaged, the device may be damaged during your appointment. If the device is imaged, you will need to do finger prick readings, along with your CGMD readings, to ensure it is not damaged.
 - Alberta Health Services will not cover the cost of a replacement CGMD.
 - If you do not know if you need to remove your device or cannot follow these instructions, contact Diagnostic Imaging at the number provided above.

2 DAYS before your appointment:

- DO NOT have barium 48 hours before your appointment.
- Continue to take prescribed medication, as directed by your doctor.

HOURS before your appointment:

1 Hour Before

- Drink 1 litre of water before arriving for your appointment.
- Use the washroom when you need to. A full bladder is not required.

BRING to your appointment:

- Current list of medications (prescription and over the counter).
- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.

- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

DO NOT bring:

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

AT your appointment:

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.
- You will be given contrast; this will make parts of your body more visible in images.
 - You will have an intravenous (IV) line placed in your arm, which will be used to inject contrast.
 - Based on your medical history, you may be given oral contrast to drink.
- If you are asked to drink oral contrast, your appointment will take up to 2.5 hours. If you are NOT asked to drink oral contrast, your appointment will take up to 1 hour.

AFTER your appointment:

- Patients taking Metformin may need to stop taking this medication for 48 hours AFTER the appointment. Diagnostic Imaging staff will provide you with instructions.