

## CT Biopsy Patient Instructions

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WEEKS or DAYS before your appointment:  
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- **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.
- **Bring a support person:** You may be given a medication (sedation or general anesthetic) to help you relax during your procedure. Arrange for an adult support person to accompany you to your appointment, to drive you home from your appointment, and to provide language translation.
- **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](http://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.

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HOURS before your appointment:  
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### Adults (18 years and older)

#### 4 Hours Before

- Stop all food. DO NOT chew gum. DO NOT eat candy.
- You may continue taking your prescribed medication(s) and drinking **clear fluids**.

### Children (17 years and younger)

- You will be given personalized diet instructions. Contact Diagnostic Imaging at the number provided above if you are unsure of the diet requirements for your procedure.

### What are clear fluids?

- **Allowed:** Fluids that you can see through such as water, apple juice, Gatorade™, Kool-Aid™, Pedialyte™, ginger ale, Sprite™, 7UP™, popsicles, black coffee, or tea

- **NOT Allowed:** Milk based fluids, broth or soup, energy drinks, fruit flavoured gelatin, Jello™, orange juice.

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BRING to your appointment:  
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- 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.

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DO NOT bring:  
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- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

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AT your appointment:  
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- **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 have an intravenous (IV) line placed in your arm, which will be used to inject medication (sedation or general anesthetic) during your procedure.
- You will be required to lay flat for up to 1 hour during the procedure, and your appointment will take up to 3 hours.