

A Guide to CT Scanning

Patient information - Radiology Department, Christchurch Hospital

Patients, please report to the main Reception

How does the CT Scanner work?

The specially designed system has a rotating x-ray source around the body, emitting a narrow x-ray beam. The x-ray beam scans a section of the body and the data collected is transmitted to a computer. The computer uses this information to construct images on a computer monitor.



How do I prepare for the CT Scan?

Please inform the CT staff prior to your arrival if there is a possibility that you may be pregnant.

Some scans may require oral preparation e.g. fluids only. If this is required you will be given further instructions at the time of your appointment. Some scans may require you to have a blood test prior to your appointment. It is essential that this is done 3-4 days before your appointment.

During the scan you will be asked to lie fully awake on a scanning bed that moves through the scanning unit. You will not feel anything. Scan procedures take from 5 minutes to 30 minutes.

You may be asked to change into a gown.

It is important to tell the nurse or radiographer of any allergies you suffer from and any other medical conditions you may have such as asthma, diabetes, heart conditions etc.

What happens during a CT Scan?

When you enter the scanning room, you will be positioned on a scanning bed. Often it may be necessary to use contrast. This is an iodine based solution which highlights certain internal structures. The contrast is usually injected into your arm, and you may feel a warm flush – this is a normal sensation.

If you feel any other discomfort it is important to tell the radiographer or nurse attending to you.

Very rarely patients can experience an allergic reaction to contrast – if this has happened to you in the past, please contact Radiology staff prior to your scan on (03) 364 1483.

Post Scan?

If you were required to have fluids only, you may resume eating and drinking normally.

If you have had an injection you are asked to stay for at least 20 minutes after the scan.

If you develop a rash notify your GP who can then contact the Radiology Department (364 0760) for further advice as required.

How will I receive the results?

A report of the results of the CT Scan will be sent to your specialist and a copy will be sent to your GP.

Patients with diabetes having a CT Scan

If your diabetes is controlled by diet or by medication other than Metformin, then follow the normal instructions.

If your diabetes is controlled by Metformin (Metomin), Glucophage, Glucomet, Apo. (Metformin) you should please inform the radiology nurse and you will be given an information sheet/pamphlet to take with you.

If you use insulin, we will try to arrange an early morning appointment for your scan. In this case you can miss your morning insulin and then have it with some food after the scan.

If you have any concerns regarding your diabetes or consuming fluids only prior to your CT appointment, you can ring your GP or the Diabetes Centre on 364 0860 for further advice.

Consent

For patients requiring IV contrast it is necessary for a consent form to be signed in the department.

For patients under 16 years of age a parent or guardian must accompany the patient to sign the form.

For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz

