

### CT Scans that require additional preparation

- CT Enterography – 4 hours fasting
- CT Gastric – 4 hours fasting
- CT Virtual Colonoscopy – 6 hours fasting

### Preparation Instructions

- **It is recommended that you drink 500ml of plain water before the scan** and 250ml of plain water every hour for eight hours after the scan if you are not on fluid restriction.
- For Diabetic Patients: **Stop all diabetic medications** (including insulin injections) on the day of scan. To resume all medications after the scan.
- Diabetic patients on Metformin with moderate renal impairment (eGFR 30 - 60 ml/min/1.73m<sup>2</sup>) - to stop Metformin on the day of the exam, and to restart after 48 hours of the scan.
- Please contact radiology department if you have severe contrast allergy and severe renal impairment (eGFR < 30ml/min/1.73m<sup>2</sup>).

Please obtain the following prescription from your referring doctor for the following 2 groups of patients:-

- a) Patients with **asthma and  $\geq 3$  different classes of drug allergies**
- b) **Previous minor reaction to injection of contrast media**
  - 30 mg** prednisolone on the night before the scan. Date: \_\_\_\_\_
  - 30 mg** prednisolone on the morning of the scan. Date: \_\_\_\_\_

## Your CT Appointment

 <b>National University Hospital</b> <u>Diagnostic Imaging</u> <input type="checkbox"/> Main Building, Level 2 (MB L2) <input type="checkbox"/> Kent Ridge Wing, Level 3 (KRW L3) <input type="checkbox"/> Medical Centre, Level 4	 <b>Alexandra Hospital</b> <u>Diagnostic Imaging</u> <input type="checkbox"/> DI 2, Block 6, Level 1
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### Patient Particulars

Appointment Date & Time :

\_\_\_\_\_

Estimated Fees :

\_\_\_\_\_

- Note:
- Please do not bring valuables or excess cash with you. Patients and visitors are responsible for personal belongings.
  - No medical certificate can be issued for this appointment. Certificate of attendance will be given on request.

#### Late arrival may result in rescheduling of appointment.

Please arrive at least 15 minutes before the appointed time to register and prepare for the procedure.  
We appreciate your understanding should an unforeseen delay occur due to medical exigencies.  
Kindly inform us if you are unable to keep to the scheduled appointment.

### Preparation Instructions for Patient

*(Staff to  the appropriate boxes)*

**Patients with asthma / multiple drug allergies / previous minor reaction to injection of contrast media**, please obtain the following prescription from your referring doctor.

- |   |                         |
|---|-------------------------|
| <input type="checkbox"/> 30 mg prednisolone on the night before the scan. | Date: _____ Time: _____ |
| <input type="checkbox"/> 30 mg prednisolone on the morning of the scan.   | Date: _____ Time: _____ |

Other special instructions: \_\_\_\_\_

**Please bring this leaflet on the day of your appointment**

# Computed Tomography

## Patient Information Leaflet

**National University Hospital**  
5 Lower Kent Ridge Road, Singapore 119074  
OneNUHS Hotline: (65) 6908 2222  
OneNUHS General Enquiries: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)  
OneNUHS Appointments: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)  
[www.nuh.com.sg](http://www.nuh.com.sg)

**Alexandra Hospital**  
378 Alexandra Road, Singapore 159964

**Computed Tomography (CT)** is an advanced imaging modality that uses X-rays, coupled with computer technology, to produce detailed cross-sectional images of the internal organs of the body.

## What to Expect for the Procedure

The whole process may take up to 4 hours.

### Before the Procedure

Wear loose and comfortable clothing on the day of the scan. You may be asked to change into a gown. A locker to store your personal belongings will be available for your convenience

Metallic objects (hairpins, dentures and jewelry etc) should be kept at home or removed prior to the scan as metal may affect the image quality. You may also be asked to remove any hearing aids or removable dental work.

Depending on the nature of the procedure, you may be given contrast agents orally, through the rectum and/ or intravenously via an injection (usually into the arm). These contrast agents help to better delineate the gastrointestinal (GI) organs, blood vessels, various other internal organs, and accentuate the appearance between normal and abnormal soft tissues.

If you are given the oral contrast, you will have to wait at least an hour before the scan can begin as time is needed for the liquid to move down the GI tract.

If intravenous contrast is required for the scan, a plastic cannula will be inserted, by the nursing staff, into one of your veins. During the injection of contrast, you may experience a warm sensation followed by a metallic taste in the mouth which should disappear after a few minutes.

### During the Procedure

You will be asked to lie down on the padded couch which will be moved through the scanner. The radiographer will position you appropriately, after which you will be required to lie still for the duration of the scan as any motion may result in unclear images.

The radiographer may instruct you to hold your breath for 5 to 15 seconds while the scan is being performed. For optimal imaging, it is important that you remain still during the scan and follow the breathing instructions. Once the scan is completed, the radiographer will inform you to relax and resume normal breathing.

Depending on the nature of the scan, the entire procedure, including preparation, may vary from half an hour to two and a half hours.

## After the Procedure

You can resume normal activity after the procedure. If contrast has been administered, special after-care instructions may be given. Your doctor will advise you of the results at your next appointment.

## Important Points to Note

- ✓ Please inform us if you have **asthma, diabetes, renal problems or any drug allergy.**
- ✓ Please consult your doctor for preparation instructions if you are diabetic or has history of asthma. Patients who are diabetic may be required to stop medication on the day of scan while patients with history of asthma may be given premedication.
- ✓ Do inform your doctor and the CT radiographer if you are **pregnant** or unsure if you are pregnant.
- ✓ The CT preparation for an adult differs from that of a child. Please ensure that you have obtained the correct pamphlet from your clinic.

## What Are the Risks

Main risks of the procedure include:

- Allergic reactions to the contrast agents
- Leakage of the intravenous contrast outside of the vein

These risks are low and all necessary precautions will be taken to minimise such occurrences. For any enquiries regarding the scan, kindly approach any of our staff.

**Should you have any queries or require further clarifications, please contact:**

**National University Hospital**  
Department of Diagnostic Imaging  
Tel: (65) 6772 3700  
Fax: (65) 6779 5219  
Email: DDI\_enquiries@nuhs.edu.sg

**Alexandra Hospital**  
Diagnostic Imaging  
Tel: (65) 6379 3280  
Fax: (65) 6379 3289  
Email: ah\_enquiries@nuhs.edu.sg

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