



Patient Education
Computed Tomography (CT)



# What you should know about your Abdomen CT.

#### **Purpose:**

Computed Tomography (CT) uses special x-ray equipment and a powerful computer to create detailed images of the human body. CT is specifically good at seeing several types of tissue—lung, bone, organs and blood vessels with great clarity. It is an excellent diagnostic tool for evaluating many different disease processes and injuries.

# **Preparation:**

- X-ray dye may be needed to enhance your exam. If you are allergic to the x-ray dye you may need to be premedicated. You may pick up the medicine from any Wellspan Pharmacy at least a day before your exam. Premedication consists of a combination of steroids and antihistamines (Benadryl), so please inform us or your physician if you cannot take either of these medicines. Taking antihistamines can cause drowsiness so you will need someone to drive you to and from your appointment. An order for these medications is included on the WellSpan York Hospital CT referral form, or you can contact your physician for an order for these medications.
- If you are 18 years or older, have diabetes, kidney failure or a history of kidney failure you must have a creatinine blood test within 30 days prior to the procedure. The CT referral form includes a tear-off lab order form. This form should be given to you by your physician.
- You may be asked to drink a pre-exam contrast before your exam. The contrast will fill and coat your
  intestines and helps the radiologists to visually separate them from your liver, kidneys and pancreas. You will
  be instructed on how to take this preparation when you pick it up from a WellSpan Pharmacy, the only local
  pharmacy that carries the barium prep.
- You should not have anything to eat three hours before your exam time. We encourage you to drink an additional two quarts (64 oz.) of water the day before your exam.
- Wear comfortable clothing free of metal zippers and snaps. You may be asked to remove watches, necklaces, earrings or other metal objects if they may interfere with the exam.
- You may be asked to remove some or all of your clothes and to wear a gown during the exam.
- Please arrive 20 minutes prior to exam.
- It is important to tell a staff member if you are or may be pregnant.

#### **Procedure: What to Expect**

- You will be asked to verify your name, date of birth and the exam you will be having performed.
- A technologist or nurse will ask you questions and gather a brief history about your health before the exam.

# Abdomen CT continued

- If x-ray dye is needed for your exam, the technologist will explain the risks to you and ask you to sign a consent form. A small needle is placed in an arm or hand vein that connects to plastic tubing. The contrast is then injected.
- You will be given a final cup of oral prep before getting on the table for your exam.
- While the x-ray dye is injected you will experience a hot sensation, and you may get a metallic taste in your mouth.
- The CT scanner looks like a large square donut with a narrow table in the middle. The x-ray tube and detectors spin inside the scanner as the table moves in and out of the center opening. While the scanner is spinning you will hear a whirling noise. The technologist begins by positioning you on the table. As the exam begins the table will move you in and out of the machine. It is very important that you remain perfectly still during the exam.
- The time in the scanner is approximately five minutes.

# **Risks and Benefits:**

- CT does expose you to radiation in the form of x-rays, but the benefit of an accurate diagnosis far outweighs the risk. The amount of radiation received is about the same as the amount of radiation the average person receives from the environment over a three year period.
- The CTs at WellSpan York Hospital and the WellSpan Imaging Center at Apple Hill have modern technology that allows the technologist to perform your CT scan using approximately half the radiation dose compared to conventional CT scanners.

#### After the Test:

- If you took the premedication for your exam the technologists will encourage you to remain in the department for approximately 20 minutes after the exam in case a reaction to the x-ray dye should occur.
- If you received dye, the needle will be removed prior to leaving the scanning room.
- You may change into your normal clothing and gather your valuables.
- A staff member will escort you back to the reception area.
- If you were injected with x-ray dye we encourage you to drink plenty of water following your exam. The dye is removed from your system by your kidneys and water helps the process.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

Imaging Department Phone Number: (717) 851-4624



# What you should know about **Baby Hip Ultrasound**

# **Purpose:**

A baby hip ultrasound is performed to look for developmental dysplasia of the baby's hip.

# **Preparation:**

You may be asked to remove some or all of the infant's clothing.

# **Procedure: What to Expect**

- We will verify the infant's name, date of birth and procedure they will be having done.
- We will take a brief history.
- Infant will lie down on his/her back for the exam.
- The ultrasound technologist will place warm gel on the baby's hip and glide a smooth transducer over the area of the hip. The transducer emits sound waves to create an image on the monitor for the technologist to see.
- A radiologist will also scan the infant's hip along with the ultrasound technologist.
- The test will last approximately 30 minutes.

# **After the Test:**

The infant's exam will be evaluated by a radiologist and the report will be sent to his/her family physician.

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Original: 12/12 Page 1 of 1



# What you should know about your *Chest CT*.

### **Purpose:**

Computed Tomography (CT) uses special x-ray equipment and a powerful computer to create detailed images of the human body. CT is specifically good at seeing several types of tissue–lung, bones, organs and blood vessels with great clarity. It is an excellent diagnostic tool for evaluating many different disease processes and injuries.

# **Preparation:**

- X-ray dye may be needed to enhance your exam. If you are allergic to the x-ray dye you may need to be premedicated. You may pick up the medicine from any Wellspan Pharmacy at least a day before your exam. Premedication consists of a combination of steroids and antihistamines (Benadryl), so please inform us or your physician if you cannot take either of these medicines. Taking antihistamines can cause drowsiness so you will need someone to drive you to and from your appointment. An order for these medications is included on the WellSpan York Hospital CT referral form, or you can contact your physician for an order for these medications.
- If you are 18 years or older, have diabetes, kidney failure or a history of kidney failure you must have a creatinine blood test within 30 days prior to the procedure. The CT referral form includes a tear-off lab order form. This form should be given to you by your physician.
- You should not have anything to eat three hours before your exam time. We encourage you to drink an additional two quarts (64 oz.) of water the day before your exam.
- Wear comfortable clothing free of metal zippers and snaps. You may be asked to remove watches, necklaces, earrings or other metal objects if they may interfere with the exam.
- You may be asked to remove some or all of your clothing and to wear a gown during the exam.
- Please arrive 20 minutes prior to exam.
- It is important to tell a staff member if you are or may be pregnant.

# **Procedure: What to Expect**

- You will be asked to verify your name, date of birth and exam you will be having performed.
- A technologist or nurse will ask you questions and gather a brief history about your health before the exam.
- If x-ray dye is needed for your test, the technologist will explain the risks to you and ask you to sign a consent form. A small needle is placed in an arm or hand vein that connects to plastic tubing. The dye is then injected.
- While the x-ray dye is injected you will experience a hot sensation, and you may get a metallic taste in your mouth.

# Chest CT continued

- The CT scanner looks like a large square donut with a narrow table in the middle. The x-ray tube and detectors spin inside the scanner as the table moves in and out of the center opening. While the scanner is spinning you will hear a whirling noise. The technologist begins by positioning you on the table. As the exam begins the table will move you in and out of the machine. It is very important that you remain perfectly still during the test.
- The time in the scanner is approximately five minutes.

# Risks and Benefits:

- CT does expose the patient to radiation in the form of x-rays, but the benefit of an accurate diagnosis far
  outweighs the risk. The amount of radiation received is about the same as the amount of radiation the average
  person receives from the environment over a three year period.
- The CTs at WellSpan York Hospital and the WellSpan Imaging Center at Apple Hill have modern technology that allows the technologist to perform your CT scan using approximately half the radiation dose compared to conventional CT scanners.

#### After the Test:

- If you took the premedication for your exam, the technologists will encourage you to remain in the department for approximately 20 minutes after the exam in case a reaction to the x-ray dye should occur.
- If you received dye, the needle will be removed prior to leaving the scanning room.
- You may change into your normal clothing and gather your valuables.
- A staff member will escort you back to the reception area.
- If you were injected with x-ray dye we encourage you to drink plenty of water following your exam. The dye is removed from your system by your kidneys and water helps the process.
- Your exam will be evaluated by a radiologist, and the report will be sent to your physician.

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# What you should know about your <u>CT Biopsy.</u>

### **Purpose:**

Computed Tomography (CT) uses special x-ray equipment and a powerful computer to create detailed images of the human body. CT is specifically good at seeing several types of tissue—lung, bones, organs and blood vessels with great clarity. The CT is used to guide a thin needle into a suspected mass or cancerous tissue. A sample of the tissue is then taken and sent to the laboratory for analysis.

# **Preparation:**

- Your physician will give you an order for a blood test. This needs to be done at least five days prior to the day of the biopsy.
- If you are taking a blood thinning medication such as Coumadin, Lovenox or Plavix, you must stop taking this medication five days before the biopsy.
- Prior to your appointment you will be contacted by pre-hospital assessment services to pre-register you for your exam, gather a brief history and give you instructions for before your appointment.
- You should not have anything to eat six hours before your exam, but you can drink clear liquids up to two
  hours before.
- If you are diabetic, you need to check your insulin the morning of the biopsy and take half your normal dose or consult your physician.
- If you are taking heart medications, long term steroids, narcotics or inhalers you should take your normal dose and bring any medication with you that you might need in an emergency (especially inhalers).
- You will be asked to remove some or all of your clothing and to wear a gown during the exam.
- Please arrive 20 minutes prior to exam.
- It is important to tell a staff member if you are or may be pregnant.

# **Procedure: What to Expect**

- You will be asked to verify your name, date of birth and the exam you will be having performed.
- A technologist or nurse will ask you questions and gather a brief history about your health before the exam.
- Prior to signing the consent form to allow the procedure, the radiologist will talk with you about the exam and answer any questions you may have.
- A blood pressure cuff and heart monitor leads will be attached to your arm and chest before the procedure starts
  and an IV will be started in one of your arms. You may be given IV fluids during your procedure.

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- The CT scanner looks like a large square donut with a narrow table in the middle. The x-ray tube and detectors spin inside the scanner as the table moves in and out of the center opening. While the scanner is spinning you will hear a whirling noise. The technologist begins by positioning you on the table. As the exam
  - begins the table will move you in and out of the machine. It is very important that you remain perfectly still during the exam.
- The radiologist will prepare an area of skin by cleaning it with an antiseptic solution and draping it with a sterile cloth.
- This area will be numbed first at the skin level then deeper into the tissue. The radiologist will then make a small knick in your skin to allow entry of the needle. You will experience pressure but no sharp pain. Please let the technologist or nurse know if you experience pain.
- The radiologist will begin taking samples of tissue from the area in question. You will hear an audible click from the machine when the sample is taken. The samples of tissue will be sent to the laboratory for interpretation.
- The time in the scanner will be approximately 30 to 60 minutes.

# **Risks and Benefits:**

- CT does expose you to radiation in the form of x-rays, but the benefit of an accurate diagnosis far outweighs the risk. The amount of radiation received is about the same as the amount of radiation the average person receives from the environment over a three year period.
- The CTs at WellSpan York Hospital and the WellSpan Imaging Center at Apple Hill have modern technology that allows the technologist to perform your CT scan using approximately half the radiation dose compared to that of conventional CT scanners.

#### After the Test:

- You will be placed on a stretcher and then taken to a recovery unit where you will spend six hours at most, with four hours being the average.
- If the biopsy is of the lung, you will have a chest x-ray following the procedure.
- You will need to have someone drive you home and be able to stay with you for 24 hours after the biopsy.

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# What you should know about your *Head CT*.

### Purpose:

Computed Tomography (CT) uses special x-ray equipment and a powerful computer to create detailed images of the human body. CT is specifically good at seeing several types of tissue–lung, bones, organs and blood vessels with great clarity. It is an excellent diagnostic tool for evaluating many different disease processes and injuries.

# **Preparation:**

- X-ray dye may be needed to enhance your exam. If you are allergic to the x-ray dye you may need to be premedicated. You may pick up the medicine from any Wellspan Pharmacy at least a day before your exam. Premedication consists of a combination of steroids and antihistamines (Benadryl), so please inform us or your physician if you cannot take either of these medicines. Taking antihistamines can cause drowsiness so you will need someone to drive you to and from your appointment. An order for these medications is included on the WellSpan York Hospital CT referral form, or you can contact your physician for an order for these medications.
- If you are 18 years or older, have diabetes, kidney failure or a history of kidney failure you must have a creatinine blood test within 30 days prior to the procedure. The CT referral form includes a tear-off lab order form. This form should be given to you by your physician.
- Please arrive 20 minutes prior to exam.
- It is important to tell a staff member if you are or may be pregnant.

# Procedure: What to Expect

- You will be asked to verify your name, date of birth and exam you will be having performed.
- A technologist or nurse will ask you questions and gather a brief history about your health before the exam.
- If x-ray dye is needed for your test, the technologist will explain the risks to you and ask you to sign a consent form. A small needle is placed in an arm or hand vein that connects to plastic tubing. The dye is then injected.
- While the x-ray dye is injected you will experience a hot sensation, and you may get a metallic taste in your mouth.
- The CT scanner looks like a large square donut with a narrow table in the middle. The x-ray tube and detectors spin inside the scanner as the table moves in and out of the center opening. While the scanner is spinning you will hear a whirling noise. The technologist begins by positioning you on the table. As the exam begins the table will move you in and out of the machine. It is very important that you remain perfectly still during the exam.

# Head CT continued

The time in the scanner is approximately five minutes.

# **Risks and Benefits:**

- CT does expose the patient to radiation in the form of x-rays, but the benefit of an accurate diagnosis far outweighs the risk. The amount of radiation received is about the same as the amount of radiation the average person receives from the environment over a three year period.
- The CTs at WellSpan York Hospital and the WellSpan Imaging Center at Apple Hill have modern technology that allows the technologist to perform your CT scan using approximately half the radiation compared to conventional CT scanners.

#### After the Test:

- If you took the premedication for your exam the technologists will encourage you to remain in the department for approximately 20 minute in case a reaction to the x-ray dye should occur.
- If you received x-ray dye, the needle will be removed prior to leaving the scanning room.
- You may change into your clothing and gather your valuables.
- A staff member will escort you back to the reception area.
- If you were injected with x-ray dye we encourage you to drink plenty of water following your exam. The dye is removed from your system by your kidneys and water helps the process.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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# What you should know about Infant Spine Ultrasound

# **Purpose:**

An infant spine ultrasound is performed to look for spinal cord deformity in a newborn.

# **Preparation:**

You may be asked to remove some or all of the newborn's clothing.

# **Procedure: What to Expect**

- We will verify the infant's name, date of birth and procedure he/she will be having done.
- We will take a brief history.
- Infant will lie down on his/her stomach for the exam.
- The ultrasound technologist will place warm gel on the infant's lower back area and glide a smooth transducer
  over the area of the infant's spine. The transducer emits sound waves to create an image on the monitor for the
  technologist to see.
- The test will last approximately 30 minutes.

# **After the Test:**

The infant's exam will be evaluated by a radiologist, and the report will be sent to his/her family physician.

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Original: 12/12 Page 1 of 1



# What you should know about your <u>Lower or Upper Extremity CT.</u>

# Purpose:

Computed Tomography (CT) uses special x-ray equipment and a powerful computer to create detailed images of the human body. CT is specifically good at seeing several types of tissue—lung, bones, organs and blood vessels with great clarity. It is an excellent diagnostic tool for evaluating many different disease processes and injuries.

# **Preparation:**

- X-ray dye may be needed to enhance your exam. If you are allergic to the x-ray dye you may need to be premedicated. You may pick up the medicine from any Wellspan Pharmacy at least a day before your exam. Premedication consists of a combination of steroids and antihistamines (Benadryl), so please inform us or your physician if you cannot take either of these medicines. Taking antihistamines can cause drowsiness so you will need someone to drive you to and from your appointment. An order for these medications is included on the WellSpan York Hospital CT referral form, or you can contact your physician for an order for these medications.
- If you are 18 years or older, have diabetes, kidney failure or a history of kidney failure you must have a creatinine blood test within 30 days prior to the procedure. The CT referral form includes a tear-off lab order form. This form should be given to you by your physician.
- You should not have anything to eat three hours before your exam time. We also encourage you to drink two liters of water before coming for your exam.
- Wear comfortable clothing free of metal zippers and snaps. You may be asked to remove watches, necklaces, earrings or other metal objects if they may interfere with the exam.
- You may be asked to remove some or all of your clothing and to wear a gown during the exam.
- Please arrive 20 minutes prior to exam.
- It is important to tell a staff member if you are or may be pregnant.

#### **Procedure: What to Expect**

- You will be asked to verify your name, date of birth and the exam you will be having performed.
- A technologist or nurse will ask you questions and gather a brief history about your health before the exam.
- If x-ray dye is needed for your exam, the technologist will explain the risks to you and ask you to sign a consent form. A small needle is placed in an arm or hand vein that connects to plastic tubing. The dye is then injected.
- While the x-ray dye is injected you will experience a hot sensation, and you may get a metallic taste in your mouth.

# Lower & Upper Extremity CT continued

- The CT scanner looks like a large square donut with a narrow table in the middle. The x-ray tube and detectors spin inside the scanner as the table moves in and out of the center opening. While the scanner is spinning you will hear a whirling noise. The technologist begins by positioning you on the table. As the exam begins the table will move you in and out of the machine. It is very important that you remain perfectly still during the exam.
- The time in the scanner is approximately five minutes.

# **Risks and Benefits:**

- CT does expose you to radiation in the form of x-rays, but the benefit of an accurate diagnosis far outweighs the risk. The amount of radiation received is about the same as the amount of radiation the average person receives from the environment over a three year period.
- The CTs at WellSpan York Hospital and the WellSpan Imaging Center at Apple Hill have modern technology that allows the technologist to perform your CT scan using approximately half the radiation dose compared to that of conventional CT scanners.

### **After the Test:**

- If you took the premedication for your exam the technologists will encourage you to remain in the department for approximately 20 minutes in case a reaction to the x-ray dye should occur.
- If you received x-ray dye, the needle will be removed prior to leaving the scanning room.
- You may change into your normal clothing and gather your valuables.
- A staff member will escort you back to the reception area.
- If you were injected with x-ray dye we encourage you to drink plenty of water following your exam. The dye is removed from your system by your kidneys and water helps the process.
- Your exam will be evaluated by a radiologist and the report will be sent to your physician.

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What you should know about your Pyloric Stenosis Ultrasound.

# **Purpose:**

A pyloric stenosis ultrasound is performed to look at the stomach's pyloric muscle and determine if the muscle is functioning properly. The ultrasound is typically performed on a newborn between 4-6 weeks old.

# **Preparation:**

May be asked to hold the infant's last feeding.

### **Procedure: What to Expect**

- We will verify the infant's name, date of birth and procedure he/she will be having done.
- We will take a brief history.
- Infant will lie down on his/her back for the exam.
- The ultrasound technologist will place warm gel on the abdomen and glide a smooth transducer over the area of the pyloric muscle. The transducer emits sound waves to create an image on the monitor for the technologist to see.
- You may be asked to have the infant drink a clear liquid (Pedisure) which helps enhance the pyloric muscle on ultrasound.
- The test will last approximately 30 minutes.

#### After the Test:

The infant's exam will be evaluated by a radiologist, and the report will be sent to his/her family physician.

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Original:12/12 Page 1 of 1