

Your doctor has ordered a CT (sometimes called CAT) scan for you and will have discussed the reasons for ordering this exam with you. Any questions should be referred to him/her.

Once the CT Unit receives a completed requisition from your doctor, you will be called and given an appointment time. At this point, any instructions for your exam will be given to you. ***If you are not given any instructions, then you are not required to do anything different in your day--*** simply arrive for your test at the appropriate time.

To help you prepare we have listed the steps to follow in making this an easy and efficient exam.

To make every exam easy:

- ✓ Wear comfortable clothing without a lot of zippers and beading, no jewellery in the area of interest. Example, if you are scheduled to have your head scanned, please refrain from wearing earrings and clips in your hair.
- ✓ Wear your glasses, hearing aids and dentures. We will have you remove what is necessary.
- ✓ Having metal on your body will not hurt you, it just shows on our images, so we will guide you if something will be in the way and needs to be removed.
- ✓ **Always bring a written list of your current medications with you.** We will ask if we need to see it. You may take all of your regular medications prior to the exam.
- ✓ If you will be receiving an injection of intravenous contrast (x-ray dye) for your exam, you will be given instructions by the booking clerk to **not eat for 4 hours prior** to your exam time. Hold food only, you **must** drink lots of water and clear fluids starting the day before the exam.
- ✓ You may use the washroom.
- ✓ Please limit the number of people with you as the department waiting space is limited
- ✓ Only patients will be allowed into the CT preparation area.
- ✓ We are scent-free environment – Please do not wear scented products.

As with any hospital exam, unforeseen emergency cases may cause delays. Please be patient.

For more information, please visit www.psfhdh.on.ca or at www.radiologyinfo.ca.

APPOINTMENT DATE and TIME: _____

INSTRUCTIONS: _____

