

Exam Prep:

CT Abdomen and Pelvis

****IF RENAL / KIDNEY STONE PROTOCOL OR DIAGNOSIS OF UTI - NO ORAL CONTRAST****

You are having a CT with an IV injected contrast as well as oral contrast. The day before and the day after the exam you should stay very well hydrated. Drink lots of water, but avoid all other drinks especially anything containing caffeine, as they tend to dehydrate you. Drinking plenty of water BEFORE you start drinking the oral barium contrast may make the IV easier to insert thereby less painful and after your exam will help flush the contrast material from your system quickly. Please do not drink any water once you start drinking the oral barium contrast, though after your exam continue to drink plenty of water for the remainder of the day.

1. Pick up 2 bottles of oral barium contrast (Redi-Cat) within 24 hours of scheduling your exam.
2. Please wear comfortable clothing with no metal clips, buttons or zippers. No underwire bras.
3. Arrive 15 minutes prior to the scheduled exam
4. Hydrate well the day before your appointment.
5. Drink (2) 8 oz. glasses of water before you drink your first bottle of barium.
6. **A)** If your appointment is between 7:00am-12:45pm, drink the 1st bottle between 8:30pm-9:30pm the night before your exam.
B) If your appointment is between 1:00pm and 5:00pm, drink the 1st bottle six (6) hours prior to your scheduled exam.
7. No food or water after you drink the first bottle of barium.
8. Drink the 2nd bottle one (1) hour before the exam.
9. If you need to take medication, please take with a minimum amount of water.
10. If you are DIABETIC and cannot be without calories for several hours - you may have one (1) spoonful of pudding or soft yogurt as needed.
11. Just prior to the exam the technologist will ask you to drink one additional cup of the oral contrast. During the exam the tech will also start an IV to inject contrast.