



## **Abdominal CT Scan Preparation Instructions**

**PATIENT'S NAME:** \_\_\_\_\_

**APPOINTMENT DATE / TIME:** \_\_\_\_\_

Your doctor has requested a **CT Scan of your Abdomen**. This examination is often called a **“CAT Scan”** of the abdomen. For a more detailed explanation of this procedure, please refer to the accompanying brochure.

This procedure usually takes 15 – 20 minutes to complete, so be prepared to be in Radiology for at least that amount of time.

Please check in at the Radiology Reception Desk 15-minutes before your scheduled appointment to allow for registration and dressing. As parking is often a problem, coming even earlier may ensure you arrive on time at the desk. Patients more than 20-minutes late will likely be rescheduled so we can stay on track for other scheduled patients.

### **Preparation Instructions for an Abdominal CT Scan.**

#### **Evening Before The Scheduled Exam:**

Drink ONE container of Ready-Cat after Dinner.

**DO NOT EAT FATTY FOODS OR DRINK DAIRY PRODUCTS.**

#### **Four Hours Prior to The Exam:**

**DO NOT EAT OR DRINK SOLID FOODS**

You may drink fluids up to the scheduled Exam Time (Water, Coffee, Tea, or Broth)

One Hour Before The Exam:

Drink ONE container of Ready-Cat.

Arrive early (15-minutes) for your exam (Park, Check-in, Register, and Dress).

**See the reverse for more instructions.**

If unable to keep ANY scheduled appointment, call the Imaging Department at:  
(510) 814-4047.

After your exam, it is always a good idea to drink plenty of fluids to help remove the remainder of the barium from your system. If you experience any other problems, be sure to call your doctor.

Thank-You.