



## Instructions Prior to Having a Body CT Scan

1. Please take any of your medications as prescribed by your doctor as usual. If your medication states "Take with food," you may eat a few crackers, toast or a piece of fruit. Do NOT eat a full meal.
2. Please do not eat solids 4 hours before your scheduled exam. You should have a clear liquid diet for the 4 hours before the exam. The clear liquid diet can include: coffee, tea, colas, water, jello, or broth. NO dairy products.
3. If you are having an abdomen or abdomen/pelvis exam, you need to prepare for this exam by drinking a special liquid to allow the radiologist to better see your colon. If you do not receive this prep drink before your scheduled appointment, please arrive one hour early.
4. You MAY receive an intravenous injection of contrast material (X-ray dye) for your exam that helps to demonstrate blood vessels & blood supply to your internal organs.
5. The CT exam itself typically takes 15-45 minutes.

## Prep Drink

At UVA Imaging, we use a liquid called READICAT. You may chill this in your refrigerator before drinking. The night before your exam, drink ½ of the liquid before going to bed. Thirty minutes before your exam, drink the remaining half.

### Questionnaire for Readicat

Have you recently been diagnosed with perforated bowel by your doctor?      Yes      No

Do you have an allergy to barium sulfate?      Yes      No

Do you have difficulty swallowing or choking on food?      Yes      no

*If you responded 'yes' to any of the above questions, please let your doctor know before drinking the Readicat.*

If you have any questions, please call UVA Imaging at 434-243-9198.