

Preparing for: CT scan with or without contrast dye

1. THE TEST



Test date

You are scheduled for your appointment on _____ at _____.

Appointment times are subject to change. To provide thorough and appropriate care, we must devote the necessary amount of time to each individual patient, and the time this will take cannot be determined beforehand. If for any reason you are unable to make your appointment, please notify us as far in advance as possible.

What does the test consist of?

A computed axial tomography (CT) scan is a diagnostic test that uses X-rays to obtain precise images of a particular part of the body and turn these into 3-D representations. While lying on the scanner bed, you will be placed inside a circular structure, where you will have a series of X-rays taken. These X-rays will then be processed by a computer to obtain images. The test takes about 10–20 minutes.

In some situations, patients require intravenous iodinated contrast dye. Contrast dye makes CT-scan images more visible, facilitating the process of interpreting the results.

FOR YOUR SAFETY

You must inform us before the test if any of the following applies:

- ✓ You have developed any type of allergic or adverse reaction to a contrast agent before;
- ✓ You are pregnant or suspect you may be.

For this test to be effective, it is essential that you follow the preparation instructions that appear below.

2. BEFORE THE TEST



2.1. How to prepare for the test

- Please come fully **hydrated** (we recommend you drink 2 glasses of water before coming).
- Wear clothes that are **easy to remove and put back on**.

2.2. Precautions

It is very important that you notify us before your test if:

- You have had an **adverse reaction to contrast dye** in the past;
- You have **liver, kidney, or heart failure**; are **asthmatic**; have **diabetes** and are taking oral antidiabetic drugs such as metformin; have a thyroid condition; or present any serious illness.

Continued on the next page→

- You are **pregnant or suspect you may be**;
- **Women who are breastfeeding:** if your scan requires contrast dye, you can continue breastfeeding normally after the procedure. Note, however, that a very small amount of dye may be passed on to the child through breast milk. You may choose to avoid breastfeeding for 12 hours after having the test done, opting to remove milk beforehand and feed your baby with this milk until 12 hours have passed.

If you require further explanation or clarification, do not hesitate to ask a staff member in the department where you will be having your test.

3. REMARKS



Informed consent

The informed consent document must be read carefully, signed, and delivered before the test.

Accessing your medical records

Once your test results have been analyzed by your doctor, you may access them on the **Patient Portal**. The Patient Portal is a private online space where you can manage all aspects of your health and that of your family—wait-free and with no unnecessary trips to the hospital. Manage your appointments and access your reports, test results, and imaging studies by going to

<https://www.quironsalud.es/es/portal-paciente>

Contacting us by phone

Having difficulty logging on to the Patient Portal? Contact us by phone:

901 500 501

Thank you for your cooperation.