



SCHEDULING OFFICE: 713-375-1260
SCHEDULING FAX : 713-375-1261

EXAM PREP INSTRUCTIONS

CT Patient Weight Limit to 450 lbs.

MRI Patient Weight Limit to 350 lbs.

CT

CT Abdomen w or wo contrast – NPO four (4) hours prior to exam. Patient is to arrive one (1) hour prior to exam to drink contrast.

CT Pelvis w or wo contrast - NPO four (4) hours prior to exam. Patient is to arrive two (2) hours prior to exam to drink contrast.

CT Abdomen/Pelvis w or wo contrast – NPO four (4) hours prior to exam. Patient is to arrive two (2) hours prior to exam to drink contrast.

All other CT scans with contrast – NPO four (4) hours prior to exam.

All other CT scans without contrast have no prep.

Screening questions for CT studies:

- Has the patient had a prior **contrast reaction** or severe reaction (anaphylaxis, airway problems or major hives) to iodine? If so, we recommend the patient be scheduled at Memorial Hermann Hospital.
- Has the patient had a **minor contrast** reaction or minor reaction to iodine (minor hives or itching)? If so, the patient will need to be **premedicated** prior to their procedure (see premedication instructions on back of page).
- Is the patient **diabetic**? If the patient takes Glucophage or Metformin, they should be instructed not to take this medication the day of the study nor two days after. **MUST HAVE LABS FOR STUDIES WITH CONTRAST.**
- Does the patient have a history of **renal problems or is the patient over the age of 65**? If so, we will need a recent Creatinine test within 7 days of the procedure. A creatinine level of 1.4 or under is acceptable to perform the CT with contrast.

ULTRASOUND

US Abdomen – NPO after midnight or at least eight (8) hours prior to the exam.

US Abdomen/Pelvis – NPO after midnight or at least eight (8) hours prior to exam. One (1) hour prior to the exam, the patient will need to drink at least 32 oz of water. **DO NOT EMPTY BLADDER.**

US Abdominal Aorta – NPO after midnight or at least eight (8) hours prior to exam.

US Gallbladder – NPO after midnight or at least eight (8) hours prior to exam.

US Liver – NPO after midnight or at least eight (8) hours prior to exam.

US OB – Patient must drink at least 32 oz of water one (1) hour prior to exam and **DO NOT EMPTY BLADDER.**

US Pancreas – NPO after midnight or at least eight (8) hours prior to exam.

US Pelvis w or wo transvaginal probe – Patient must drink at least 32 oz of water one (1) hour prior to exam and **DO NOT EMPTY BLADDER.**

***NPO – Nothing to eat or drink**

CONTRAST REACTION PREMEDICATION RECOMMENDATIONS

To Our Referring Physician:

We received an order to schedule your patient, _____, for a CT study. According to the patient, they have had a prior reaction to contrast injections. Therefore, we are requiring the patient be premedicated prior to performing their CT exam to minimize risks of adverse reaction to the contrast media.

Would you please arrange for the patient to get the following premedication:

Prednisone 50 mg. p.o. q 6 hours for a total of three doses. The last dose should be taken just prior to the examination (two doses are taken the day prior to the exam and the last dose the day of the exam).

Each Prednisone dose is to be accompanied by Benadryl 50 mg. p.o. (three doses).

Please ask your patient to call our scheduling department to confirm that they have received their premedication instructions so that we can ensure their appointment is scheduled appropriately and answer any questions they may have.

Thank you.