

Computerized Tomography

Please read this before your appointment. Feel free to ask questions.

Computerized Tomography (CT) is a special x-ray that is able to look at the body in slices. These slices are single pictures taken one at a time of both bone and soft tissues. A CT technologist will perform the exam under the direction of a radiologist. A radiologist is a doctor who specializes in reading x-rays.

You are scheduled for an exam at the following HealthEast facility:

- | | |
|--|---|
| <input type="checkbox"/> St. John's Hospital | <input type="checkbox"/> Woodwinds Health Campus |
| <input type="checkbox"/> St. Joseph's Hospital | <input type="checkbox"/> HealthEast Medical Imaging |

Appointment Date: _____ **Time:** _____

Questions about Scheduling, call: 651-232-5500

Please let us know if you:

- Are diabetic or have a history of kidney problems.
- Are or might be pregnant.

Preparation

There are many different preparations for CT exams. Please be sure to follow the one for your exam.

- **Abdomen, Pelvis**
Do NOT eat or drink three hours before the exam. Please arrive one hour early to drink contrast.
- **Chest only, Head/Orbits, Soft Tissue Neck**
Do NOT eat or drink three hours before the exam.
- **Sinus**
Please arrive fifteen minutes early because you will be given a nasal spray to use.
- **Aspiration, Biopsy**
Do NOT eat or drink six hours before the exam. Please do not take aspirin 72 hours before your exam. Please arrive an hour and a half early for lab work. After the exam, there will be a two to four hour observation time, before we allow you to leave. Someone needs to drive you home. For this exam, the radiologist will need your most recent exams and the reports. If these exams were not done within HealthEast, please bring them to your appointment. The radiologist will need them before they begin.
- **All other exams**
No preparation is required.

The Examination

You will be asked to fill out a questionnaire regarding your medical history. You may be asked to change your clothes for the exam. For the exam, you may be given a contrast to help highlight the different body parts. The contrast may either be in a liquid form that you drink and/or as an injection. If you need an injection, it is usually put into a vein in your arm.

The technologist will help you onto the CT table. The table will move and you may hear the x-ray tube move during the exam. You will be asked to lie still during the exam and sometimes we ask you to hold your breath while we take the pictures.

When the Exam Is Completed

The radiologist will study the pictures. The radiologist will then tell your doctor what was found on the pictures. Your doctor will explain the results to you. Unless your doctor tells you differently, you may return to your normal diet and activities. Feel free to ask questions if something is not clear to you.

At HealthEast, we are dedicated to providing the best possible care. Thank you for taking time to read these instructions. We hope to make your experience as pleasant as possible.

Billing Information

You will receive two bills for this exam.

1. The technical fee is for doing the procedure. It will be from the HealthEast facility. If you have questions regarding this bill, call 651-232-1100.
2. The professional fee is for the radiologist's time. It will be from the radiologist's group. There will be a phone number on the bill that you may call if you have any questions regarding the charge.

Materials provided by HealthEast Patient Education Service. For 24 hour access and referral:
HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)
· www.healtheast.org