



Carolinan Medical Center
NorthEast
Radiology Services

CT ORAL CONTRAST INSTRUCTION SHEET

You are scheduled for a CT exam today that requires you to drink a contrast solution. This contrast will help us see your stomach, intestines and other digestive organs better. Most likely the contrast will be a white barium mixture. If you have had recent surgery to your abdomen or pelvis, alert the front desk staff. You will need a different type of contrast to drink. **If you are pregnant or could be pregnant alert the front desk staff. Your exam may not be performed.**

You were told to arrive 1½ hours before your actual “scan” time in order to drink the contrast. You will be given either 2 cups 45 minutes apart or 3 cups 30 minutes apart depending on the type of contrast you receive. It is important you follow the drinking instructions carefully. It is necessary to wait so that the contrast can fill your intestine.

You may receive IV contrast along with the contrast you drink. The IV contrast allows us to better see blood vessels and other organs in the abdomen and pelvis. **If you are allergic to x-ray dye or iodine and were not pre-medicated for this exam alert the front desk staff. Your exam may not be performed.**

You can plan on being in the department for a total of 2-2½ hours for your CT exam. For future CT scans you may want to drink your contrast at home to decrease your wait time at the hospital. This can be arranged at the time your study is scheduled. Some physician’s offices have the contrast on hand or you can pick up your contrast ahead of time from Outpatient Radiology here on the main campus or at NorthEast Medical Outpatient Center at Copperfield.

If at any time you have questions, please alert the front desk staff. If needed, the CT technologist or the CT Lead technologist can be contacted to help address any concerns you may have (704-783-1379).

Thank you for choosing Carolinas Medical Center - NorthEast.