

## **Preparation Guidelines of CT Scanning**

- ✓ *Wear comfortable, loose-fitting clothing to the exam.*
- ✓ *Remove all metal objects, such as jewelry, eyeglasses, dentures, and hairpins, before the scan. Women may need to remove bras with metal underwire, and piercings may also need to be removed if possible.*
- ✓ *Inform the technologist if you have a pacemaker.*
- ✓ *Avoid eating or drinking for several hours before the scan, particularly if contrast material will be used.*
- ✓ *Notify your physician of any medications, allergies, or recent illnesses. Provide a detailed medical history, including conditions like heart disease, asthma, diabetes, kidney disease, or thyroid problems.*
- ✓ *Women should inform their physician and the CT technologist if there is any possibility of pregnancy.*
- ✓ *Follow specific dietary restrictions if instructed, such as consuming only clear liquids the day before the exam.*
- ✓ *Patients with heart, liver, or kidney disease should confirm with their physician that the preparation process is safe for their condition.*