

HIGH RISK PATIENTS  
PATIENT INSTRUCTIONS FOR CT SCAN  
ABDOMEN AND/OR PELVIS (with Prednisone)

EXAM DATE:

EXAM TIME:                      BE HERE BY:

THE DAY BEFORE THE EXAM

- a. After breakfast limit diet to clear liquids (broth, any flavored jello gelatin, soft drinks, clear juice (no pulp), coffee, tea, etc., (NO MILK). DRINK 6 TO 8 GLASSES OF WATER OR LIQUIDS.
- b. Take two Prednisone tablets 24 hours prior to your appointment with clear liquids at \_\_\_\_\_ am.
- c. Take Phospho-Soda Buffered Saline (clear bottle) at 2:00 pm.
- d. Take four Dulcolax tablets at 6:00pm.
- e. Take the next two Prednisone tablets 12 hours prior to your appointment with clear liquids at \_\_\_\_\_ pm.
- f. Diet restrictions do not include medications.

ON THE DAY OF THE EXAM

- a. Do not eat or drink anything after midnight
- b. Take the last two Prednisone tablets with water two hours prior to your appointment at \_\_\_\_\_ am.
- c. For a CT scan of the Abdomen please arrive 1 hour prior to exam time for oral contrast prep.
- d. For a CT scan of the Abdomen to include the pelvis or pelvis only, please arrive 1 1/2 hours to exam for oral contrast prep.
- e. If you are over 15 minutes late for your appointment or if your lab work is not completed by 15 minutes past your appointment time, you will probably be rescheduled.

CHECK LIST

- \_\_\_ lab work completed-at least one day prior to your appointment
- \_\_\_ liquid diet
- \_\_\_ large amounts of water or liquids
- \_\_\_ phospho-soda buffered saline taken
- \_\_\_ dulcolax tablets taken
- \_\_\_ prednisone taken

If you have any questions or need to reschedule your appointment please contact the Radiology Department at (256) 955-8888 extension # 1800 or 1-800-223-9531 extension # 1800.

Visit us on the web at <http://www.redstone.amedd.army.mil/radiology/index.htm>