



CAT Scan Procedure

Preparation

Please Note: If you have never had a CAT Scan procedure at St. Mary Medical Center, please bring any outside CAT Scan films performed at any other facility for comparison. It is also necessary for you to bring a current list of medications and vitamins that you are taking.

No preparation needed for the following studies:

1. Cervical, lumbar and thoracic spines
2. Bony extremities for fracture
3. Facial bones (orbits, zygoma, nasal bones, maxilla, mandible) for fracture
4. Mastoids (for mastoiditis)
5. CT of the abdomen for renal stone or aneurysm w/o IV contrast
6. CT Calcium scoring

All oral and/or IV contrast procedures:

1. NPO (no foods or liquids) 3 hours before procedure
2. Non-emergent CT of abdomen and pelvis- oral contrast **must** be picked up by the patient the day before.

Coronary CT Angiogram specific preparation:

1. Take the prescribed dose of beta blocker as instructed by your ordering Cardiologist
2. No solid food for 4 hours prior to the exam. Liquids are permitted.
3. No caffeine or nicotine for 12 hours prior to the exam.
4. Take all normal prescribed medications (except Viagra).
5. No heavy exercise the evening before or morning of the exam.
6. Take prescribed dose of beta blocker as instructed by your physician.