



Department of Radiology
Computerized Tomography (CT Scan)
(616) 252-7159

Patient Preparation Instructions

Patients that are scheduled for CT scans of the Abdomen, Pelvis, or Abdomen and Pelvis, or Chest, abdomen, and pelvis, need to drink an oral contrast solution prior to having the scan. The solution is called READI-CAT 2, and is **pre-mixed with water**. It will provide a better view of the stomach and bowel on the CT images, allowing the radiologist to interpret the scan in a more accurate manner.

You may also have iodinated contrast injected into an IV during the examination. If you are 60 years of age or older, diabetic, have any known kidney problems, or received the IV contrast within the last 30 days you will need laboratory blood tests done prior to your appointment. This can be done up to 30 days prior to your appointment, or we can do it just prior to your scan. Also drink at least 32oz. of water, apple juice, tea, or broth, but not caffeine, 12 hours prior to your exam along with your READI-CAT 2, unless otherwise advised by your ordering physician. This will help hydrate your body and there is a reduced chance of side effects from the IV contrast.

DIRECTIONS FOR USE:

- Shake container of READI-CAT 2 well.
- Pour entire contents (15oz.) of the first bottle into a glass and drink eight (8) to twelve (12) hours before your examination.
- The day of your exam, shake the second bottle well. Pour entire contents (15oz.) into a glass and drink 2 hours before your scan appointment.
- You should have nothing to eat or drink 4 hours prior to appointment time excluding a drink to take required medications you may be on.
- You will be given an additional cup to drink just before your scan.

ADDITIONAL INFORMATION:

It is acceptable to chill the READI-CAT 2 solution, or add powdered drink flavorings if you would like. Wear loose comfortable clothing. Sleeveless shirts or T-shirts are best for IV starts. Usually most exams last 15-20 minutes. You may call the number above if there are further questions. We look forward to your arrival!