

## CT Patient's Guide

Your doctor has referred you for a CT scan at CISC located at the University of Sussex, Falmer Campus.

### What is a CT scan?

Computed Tomography (CT) is an imaging technique using X-rays to produce a 3-dimensional image of your anatomy (CT), this allows your consultant to visualise your internal organs without the need for an invasive procedure. Scans usually take up to 30mins to perform.

### When your appointment is made we will need to know if any of the following applies to you:

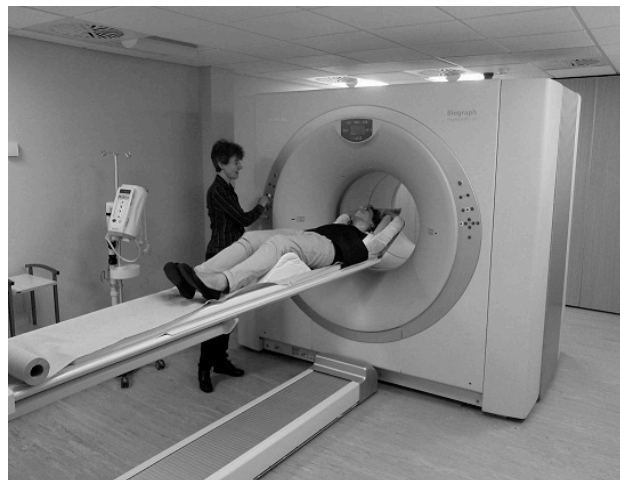
- Pregnancy
- Difficulty tolerating MRI or CT Scans due to claustrophobia
- Difficulty lying flat with two or less pillows
- An allergy to iodine (this can present as a seafood allergy or allergy to iodine based skin disinfectants such as betadine)
- Renal disease
- High blood pressure
- In need of hospital transport

## Preparing for your scan

- If possible wear loose fitting clothes without metal zips/fasteners and minimal jewellery. If you would prefer, we are able to provide suitable clothing.
- If you are running late or unable to attend you must contact us **IMMEDIATELY**.
- Arrive 15 minutes prior to your appointment.

## Arriving for your Scan

- **Travel and parking instructions** can be downloaded from the website: [www.bsms.ac.uk/research/cisc/information-for-patients/](http://www.bsms.ac.uk/research/cisc/information-for-patients/)
- If you are in need of assistance please contact *CISC reception*.



## The Procedure

- A radiographer will escort you to a room in the scanning area and take a short medical history.
- At this point you will be asked to remove any metallic objects, including clothing and jewellery.
- In some cases, intravenous contrast may be administered as part of the scan protocol. This is achieved by putting a small needle into a vein in your arm before the scan through which the contrast will be injected. If you require contrast, the radiographer will explain this process in more detail.
- You will then be taken into the scan room, where you will lie on your back with your arms supported above your head. In certain circumstances we may scan you with your arms by your side.
- The scan usually takes 15-30 minutes,
- It is very important that you keep very still during the entire scan.
- You may need to hold your breath for short periods of time during the scan, for which you will receive instructions.

## After your scan

- Once the scan is completed you will be given a disc of your results and you will be able to leave the centre straight away.
- If you have been given I.V. contrast as part of the scan, it will be necessary for you to remain in the department for 1 hour.

## Risks

During your CT scan you will be exposed to X-rays. There is a radiation risk involved in any exposure to this form of radiation; however the risks associated with this are minimal and will have been properly considered by the doctor who authorised the scan.

If you are given contrast as a part of your scan, there are known complications associated with allergic responses. It is important, if you believe you may have an iodine allergy, to notify your consultant and the radiographers as soon as possible.

## Results

A report will be issued to your referring consultant within 1 week.

## Self-Funded Patients

If you are paying for your CT scan with your own funds, there are now three options available for payment:

1. Debit / Credit card
2. Cheque
3. BACS payment

Please call Nigel Day on 01444 483 649 to discuss which options are most convenient for you.

## Questions?

If you have any questions or concerns regarding your appointment please contact us on the appropriate number (*see front page*).

## **CT: Patient Information**



**University of Sussex, Falmer, BN1 9RR**

## **Contact Information**

**CISC CT Centre: 01273 876727**  
(Procedure enquiries)

[www.bsms.ac.uk/cisc/](http://www.bsms.ac.uk/cisc/)

email: [cisc@bsms.ac.uk](mailto:cisc@bsms.ac.uk)

**Opening hours 8.30-17.00**

**Please read the following carefully as it contains important information regarding your scan**