

Diagnostic Imaging Center

Computed Tomography (CT scan)

Computed Tomography (CT) is a non-invasive procedure which uses X-rays. X-rays are taken at different angles and a computer processes the information to create cross-sectional images of nearly any part of your body including bones, blood vessels and soft tissue.

Dasman Diabetes Institute (DDI) offers advanced CT technology to our patients ensuring high quality of images while using the least possible radiation dose to your body.

Unlike the MRI scanner, CT scanners are open machines, and you will be able to see around you.

What to bring on the day of your appointment:

- Radiology request form
- Civil ID
- Insurance card (if applicable)
- Any previous CT reports, CDs, films, etc. of any prior relevant studies (such as X-rays, MRI scans, CT scans) you may have undergone, for comparison purposes.
- **Renal function Test (RFT)** within **four weeks of your exam** for IV and oral contrast, if required.

Preparation for IV contrast:

If your doctor has ordered a CT exam **with contrast**, you will be required to do the following:

- **Fast for 4 to 6 hours.**
- If you are having an abdominal CT with oral and IV contrast, you will have to report **Two hour before your appointment** to start drinking the oral contrast and preparing for your test.
- You will also have to bring **blood reports showing your kidney function tests (especially creatinine levels)**. The blood report must be within **four weeks of your exam**.

- You can continue taking your routine medications on the day of the examination. You may take your medications with small amounts of water. **However, you should not take any morning dose of insulin.**
- If you are taking **Glucophage/Metformin** please inform the receptionist at the time of appointment as these medications will have to be **stopped for 48 hours after the study**. You will be required to **repeat your kidney function test after 48 hours**. If the reports are normal, you can resume taking Glucophage/Metformin. If the reports are abnormal, you should contact your referring doctor.
- If you have known allergies to iodinated CT contrast or any other medications, it is important to clearly notify the radiology personnel about it. In case of allergies to medications, you will have to go to your doctor to get necessary pre-medication before doing your exam with contrast.
- In patients who have asthma, the contrast study will be performed only if the condition is controlled by appropriate medication to ensure patient safety.

For female and pediatric patients:

- For women who are likely to be pregnant, it is very important to tell your doctor before getting CT scan, and inform the reception at the time of appointment. To avoid exposure to the fetus, your doctor may recommend another type of exam like an ultrasound or an MRI.
- In general, for all women in reproductive age group, the **‘ten-day rule’ is followed**. This means that whenever possible, it is safer to get your CT scan done within the first ten days of the onset of menstruation.
- **For females**, you may also sign a pregnancy consent form prior to starting the exam.
- **For pediatric patients**, parent or guardian of patient **younger than 18 years** of age will sign pediatric consent form for CT scan examination, and will be explained regarding CT procedure and its benefit, and the precaution that will be taken during examination.

On the day of the appointment:

- Please arrive at the Diagnostic Imaging Reception at **least 30 minutes before** your test. **Failing to attend within 20 minutes of the given appointment time may lead to cancellation.**
- If you are having **CT scan with oral contrast (dye)**, you will **arrive two hours early** and begin drinking the contrast given to you.
- CT scan examinations can also be done without a previous appointment. However, walk in patients may be required to wait for some time.
- Parent or guardian of patient **younger than 18 years** of age must accompany the patient.
- At the time of the examination, you may be asked to change into a gown. Lockers are provided to store your belongings for the duration of the scan.
- **It is advisable that you leave all valuables at home. The center bears no responsibility if lost.**
- In case you have personal belongings, you can give them to your relative/ attendant for safety. Alternatively, you can use the locker inside the changing room.
- All metallic objects on the body part being scanned such as piercings, jewelry, hairpins, coins, phones, wallets, watches, etc. will have to be removed prior to scanning. **Necessary paperwork including consent forms will also be completed at this time.**
- The radiology nurse will insert a cannula for the iodinated contrast which will be injected into your veins during the scan. At the time of injection, you may experience a feeling of warmth in your body or a metallic taste in your mouth
- You will enter the scan room under the supervision of a CT technologist. Depending on the constraints of the examination you are undergoing, you will enter the machine on a sliding table head-first or feet-first. Straps will be used as necessary to prevent movement of the body part. You will be given radiation shields as appropriate for the

examination. Once you are inside the scan room, you will be able to easily communicate with the technologist via an intercom system.

Generally, examinations take about 30 minutes to complete.

After your test:

- On completion of your CT scan with contrast study (Dye), you will be guided back to the recovery room. Following contrast studies, you will be asked to stay for some time, so that you can be monitored.
- **For contrast studies**, it is recommended that you **drink lots of fluids to remove the contrast from your body through your kidneys**. Post Procedure Instructions for Receiving I.V. Contrast will be given by nurse.
- After leaving Diagnostic Imaging Center, In case of any reactions following the contrast (dye), please report to your nearest Emergency unit and inform them that you have done a CT scan with contrast.
- **For non-contrast exams, you are free to continue with your normal activities after the test is finished.**
- On completion of your CT exam, you may proceed to reception for information about the collection of your report.

FOR ANY INQUIRIES OR CANCELLATIONS

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Updated: Nov 2025