

## CT: Chest Scan

### *How to prepare and what to expect*

*This handout explains how a chest CT scan works, how to prepare for it, what to expect during the scan, and how to get your results.*

#### **What is a chest CT scan?**

A *computed tomography* (CT) scan of the chest uses a special X-ray machine to take detailed pictures of the organs and tissues of the chest. CT can show many types of tissue (lungs, heart, bones, soft tissues, muscle, and blood vessels) in the same image.

#### **How does it work?**

During the scan, you will lie on a table inside the CT machine. Many X-ray beams will be passed through your body as the X-ray tube revolves around you.

The machine will take pictures from many angles, forming cross-section images (*slices*) of the area. Your doctor will review the images on a computer screen.

Some patients will receive *contrast* (X-ray dye) during their CT scan. Contrast makes tissues and blood vessels easier to see in the CT pictures.

#### **How should I prepare?**

- Wear comfortable, loose-fitting clothing on the day of your scan.
- It is OK to eat a light meal before your CT scan. Drink plenty of fluids on the day of your scan.
- Keep taking your regular medicines prescribed by your doctor.



*For your scan, the CT technologist will help you get into position on the CT table.*



A CT image of the chest

## Before the Scan

- **Women:** If there is a chance you may be pregnant, tell the CT technologist **before** the scan begins.
- Some items can affect the CT images. We may ask you to remove:
  - Any clothing with zippers or snaps
  - Hairpins, jewelry, glasses, hearing aids, and removable dental work
- If you will have contrast for your scan, we will place a small *intravenous* (IV) tube into your arm vein. This will be done before you enter the scanning room.

## If You Will Receive Contrast

Before your scan, the CT technologist will ask you if you:

- Are allergic to any medicines or iodine. Many types of contrast contain iodine. If you have had an allergic reaction to contrast in the past, we will ask you to take medicine before your scan to prevent a reaction to the contrast.
- Have asthma, diabetes, a heart problem, multiple myeloma, or kidney disease. These health conditions may increase your risk of having a reaction to the contrast. For example, kidney disease makes it harder for your body to remove the contrast from your bloodstream.

## Can a family member or friend stay with me during the scan?

- Because CT uses X-rays, you may not have a family member or friend in the CT room during the exam.
- For young patients, a parent may be able to stay in the room with their child to help reduce fear and provide comfort. The parent will need to wear a lead apron to limit exposure to the radiation used in the scan.

## How is the scan done?

- The CT technologist will help you get into position on the CT table. We will use pillows to help you stay in the best position for the scan.
- The contrast will be injected through your IV.
- The technologist will then leave the room. You will be alone in the room during the scan, but the technologist can see, hear, and speak with you through an intercom at all times.
- You will lie still while the table moves into the center of the scanner. You will also need to hold still when the scans are being done. Holding still during the scan results in the best CT pictures.

- For the first few scans, the table will move quickly through the scanner to check the correct starting position. The rest of the scans are made as the table moves more slowly through the scanner.
- The technologist will ask you to hold your breath for about 20 seconds each time a scan is being done. If you cannot hold your breath for that long, the technologist will ask you to breathe quietly and slowly.
- The procedure usually takes 15 to 30 minutes, including setup time. The actual scan time takes less than 30 seconds.
- After the scans are done, we may ask you to wait a short time while we check the scans for quality. If needed, we may do a few more scans.

## **What will I feel during the scan?**

CT scanning is painless, but you may feel some discomfort from staying still on the scan table.

If a contrast injection is used:

- You may feel discomfort at the injection site.
- You may notice a warm, flushed feeling when the contrast is injected. You may also notice a metallic taste in your mouth. These reactions are normal, and go away within 1 to 2 minutes.
- Once in a while, a patient gets itching and hives for up to a few hours after receiving contrast. Tell us if this happens to you. We will give you medicine to treat the symptoms.
- If you become light-headed or short of breath, you may be having an allergic reaction. A doctor or nurse will be nearby during the scan to help, if needed.

## **What should I do after the scan?**

### **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- UWMC Imaging Services: 206.598.6200
- UW Roosevelt Radiology: 206.598.6868
- Harborview Imaging Services: 206.744.3105

## **Who interprets the results and how do I get them?**

A radiologist skilled in reading CTs will review and interpret the CT images. The radiologist will not talk with you about the results. The radiologist will send a report to your provider who referred you for the scan. Your own provider will talk with you about the results of your scan.

You may also read your results on your eCare Results page. If you need copies of your images on disc, call 206.598.6206.

You and your provider will decide the next step, such as treatment for a problem, as needed.