



病人教育

造影服務部



造影劑外滲

造影劑滲漏到靜脈外面

本手冊解釋什麼是造影劑外滲，如何處理外滲，以及應該注意的症狀。

什麼是造影劑外滲？

在進行電腦斷層 (CT) 掃描或磁力共振造影 (MRI) 掃描時，會透過一根靜脈注射 (IV) 導管向你注射造影劑。造影劑是一種染料，它可在掃描時使你的靜脈和動脈清楚顯示出來。

對於某些檢驗，注射造影劑必須非常快速。但是注射越快，造影劑外滲的機會也越大。造影劑外滲係指造影劑滲漏到靜脈周圍的脂肪組織中。

外滲發生的比例為每 250 至 500 個掃描中有一個。如果發生外滲，可以停止注射造影劑。

防止外滲的最好方法是將靜脈注射導管準確插入到靜脈中。在你進行 CT 掃描時，會有一個醫護人員在你身旁，以便能夠及早發現任何外滲。但是，即使靜脈注射導管插入準確以及有一個醫護人員在旁監看，仍然會有外滲發生。

如何處理外滲？

我們將要求你舉起手臂，然後對你的靜脈注射部位施加壓力，並使用冰袋來幫助止痛。

我在家裏如何處理外滲？

在你離開放射科之後，請遵循以下步驟：

1. 回家後 24 小時內，在你清醒的時候每小時對受影響部位敷冰 20 分鐘。用一條乾淨的毛巾或布將冰塊包裹住。切勿將冰塊直接放在你的皮膚上。
2. 第一個 24 小時之後，施以熱敷來舒緩手臂疼痛。
3. 如果第一個星期過後仍然感到疼痛、不舒服或仍有腫脹，請你的家庭醫生檢查你的外滲部位。

UW Medicine

UNIVERSITY OF WASHINGTON
MEDICAL CENTER



Contrast Extravasation

When contrast material leaks outside the vein

This handout explains what a contrast extravasation is, how it is treated, and symptoms to watch for.

What is a contrast extravasation?

During your *computed tomography* (CT) scan or *magnetic resonance imaging* (MRI) scan, you were given *contrast* material through an *intravenous* (IV) line. Contrast is a dye that makes your veins and arteries show up clearly on the scan.

For some tests, the contrast must be injected very quickly. But the faster it is given, the greater the chance of a *contrast extravasation*. A contrast extravasation occurs when contrast material leaks into the fatty tissue around a vein.

Extravasation happens in 1 out of every 250 to 500 procedures. The contrast injections can be stopped if an extravasation occurs.

The best way to prevent extravasation is to have good access to your vein from the IV. When you had a CT scan, a staff member stayed with you so that any extravasation could be detected early. Even with good IV access and a staff member watching, extravasations still happen.

How was my extravasation treated?

We asked you to elevate your arm and we applied pressure to your IV site. An ice pack was used to help limit pain.

How do I treat my extravasation site at home?

After you leave the Radiology Department, follow these steps:

1. Apply ice to the affected areas for 20 minutes every hour for the next 24 hours, while you are awake. Wrap the ice in a clean towel or cloth. Do not put the ice directly on your skin.
2. After the first 24 hours, apply warm compresses for comfort.
3. If you continue to have pain, discomfort, or swelling after the first week, ask your primary health care provider to check your extravasation site.

