UW Medicine

CT: 鼻窦筛查扫描

如何准备以及预期结果

Quét để nhận bản sao điện tử của tài liệu này.

本手册介绍了鼻窦筛查的 CT 扫描。它描述了扫描的工作原理、如何准备、如何进行、扫描期间会出现什么情况以及如何获得结果。

什么是鼻窦筛查 CT 扫描?

CT 是计算机断层扫描英文缩写。鼻窦筛查 CT 扫描使用特殊的 X 光机器拍摄鼻窦的详细照片。CT 扫描显示多种类型的组织。这包括骨骼、软组织、肌肉和血管。

扫描是如何工作的?

在鼻窦筛查 CT 扫描中，许多 X 射线束会穿过鼻窦。特殊的传感器会测量不同组织吸收的辐射量。

进行扫描时，您将躺在 CT 机内的桌子上。X 射线管将围绕您旋转并从多个角度拍摄照片，形成该区域的横截面图像（切片）。您的医生将在计算机上查看图像。



为了进行扫描，您需要躺在 CT 机器内的桌子上。

造影剂

我们可能会在扫描前将造影剂（X 射线染料）注入您的静脉。造剂可使组织和血管在图像中更容易被看到。

我如何做准备?

- 继续照常服用处方药。
- 女性：如果您怀孕了，请告知您的医护人员。

扫描当天

- 扫描前可以吃少量的食物。
- 多喝水。
- 穿舒适、宽松的衣服。

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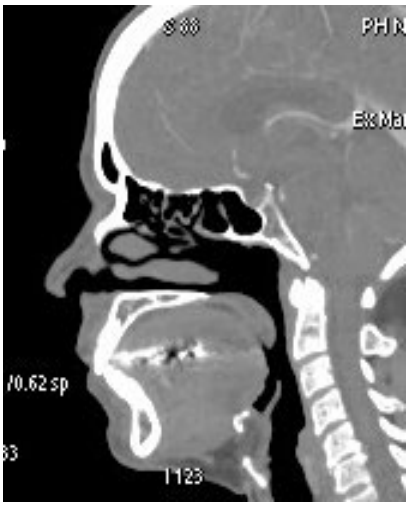

鼻窦 CT 扫描图

扫描开始前

- 我们可能会要求您摘下发夹、首饰、眼镜、助听器和任何可拆卸的假牙。这些物品可能会导致图像出现问题。
- 女性：如果您可能怀孕了，请在**扫描开始前**告知 CT 技术人员。

如果你会接受造影剂

- 我们会将一根小静脉 (IV) 管插入您手臂的静脉。这将在您进入扫描室之前完成。
- 扫描前，CT 技术人员会询问您是否：
  - 对任何药物或碘过敏。许多类型的造影剂都含有碘。如果您曾经对造影剂产生过敏反应，我们会要求您在扫描前服用药物以防止对造影剂产生反应。
  - 患有哮喘、糖尿病、心脏病、多发性骨髓瘤或肾病。这些疾病可能会增加您对造影剂产生反应的风险。例如，肾病会使您的身体更难从血液中清除造影剂。

扫描期间家人或朋友可以陪我吗？

- CT 扫描使用 X 射线。因此，检查期间您的家人或朋友不能在 CT 室内。
- 对于年幼的患者，父母可以留在房间里陪伴孩子，以帮助减轻恐惧并给予安慰。父母必须穿上铅围裙，以限制暴露于扫描中使用的辐射。

扫描是如何进行的?

- CT 技术人员将帮助您在 CT 台上就位。我们将放置枕头，帮助您保持扫描姿势。
- 然后技术人员将离开房间。扫描期间您将独自一人留在房间里，但技术人员可以随时通过对讲机看到、听到您并与您交谈。
- 当桌子移到扫描仪中央时，您必须躺着不动。扫描期间您也必须保持不动。扫描过程中保持静止可获得最佳图像。
- 对于前几次扫描，床将快速穿过扫描仪。这些前几次的扫描检查正确的起始位置。对于其余的扫描，床将移动得更慢。

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- 如果您需要注射造影剂，此时我们会通过静脉注射给您。
- 鼻窦筛查 CT 扫描通常需要 5 至 30 分钟（包括准备时间）。实际扫描时间不到 30 秒。
- 扫描结束后，我们可能会要求您在我们检查图像质量时稍等片刻，如果需要，可能会进行更多扫描。

扫描时我会有什么感觉?

CT 扫描不会引起任何疼痛。扫描过程中您可能会因需要保持不动而感到不适。

如果使用了造影剂，您可能会:

- 注射部位感觉不适
- 注射造影剂时感觉发热或脸红
- 口中有金属味

这些反应是正常现象。它们会在 1 到 2 分钟内缓解。

造影剂过敏反应

偶尔，患者在注射造影剂后会出现瘙痒和荨麻疹，持续长达几个小时。如果您遇到这种情况，请告诉我们，我们会给您开药治疗症状。

如果您感到头晕或呼吸急促，请告诉我们。您可能对造影剂有更严重的过敏反应。如果需要，医生或护士在扫描期间会在附近。

疑虑?

您的问题很重要。如果您有任何疑问或疑虑请联系您的医生或医护人员。UWMC - Montlake 影像部: 206.598.6200

- ❑ UW Roosevelt 放射科: 206.598.6868
- ❑ Harborview 影像部: 206.744.3105
- ❑ UWMC - Northwest 影像部 CT: 206.668.2061

扫描后我该做什么?

如果您在扫描过程中使用了造影剂，请喝大量的液体以帮助您的肾脏将造影剂从体内排出。

谁来解释结果以及如何获得结果?

擅长阅读 CT 扫描的放射科医生将审查和解释 CT 图像。放射科医生不会与您讨论结果。放射科医生将向推荐您进行扫描的医护人员发送详细报告。您的医护人员将与您讨论扫描结果。

您也可以在 MyChart 页面上阅读结果。如果您需要图像的光盘副本，请致电 206.598.6206。

您和您的医护人员将根据需要决定下一步，例如治疗问题。

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CT: Sinus-Screening Scan

How to prepare and what to expect

This handout explains a sinus-screening CT scan. It describes how it works, how to prepare for it, how it is done, what to expect during the scan, and how to get your results.

Scan this QR code with your phone camera for a digital copy of this handout.

What is a sinus-screening CT scan?

CT stands for *computed tomography*. A sinus-screening CT scan uses a special X-ray machine to take detailed pictures of the sinuses. CT scans show many types of tissue. This includes bones, soft tissues, muscle, and blood vessels.

How does the scan work?

In a sinus-screening CT scan, many X-ray beams are passed through the sinuses. Special sensors measure the amount of radiation absorbed by different tissues.

For the scan, you will lie on a table inside the CT machine. The X-ray tube will revolve around you and take pictures from many angles, forming cross-section images (*slices*) of the area. Your doctor will view the images on a computer.



For your scan, you will lie on a table inside the CT machine.

Contrast

We may inject *contrast* (X-ray dye) into your vein right before the scan. Contrast makes tissues and blood vessels easier to see in the images.

How do I prepare?

- Keep taking your prescribed medicines as usual.
- *Women:* Tell your provider if you are pregnant.

On the Day of Your Scan

- It is OK to eat a light meal before your scan.
- Drink plenty of fluids.
- Wear comfortable, loose-fitting clothing.

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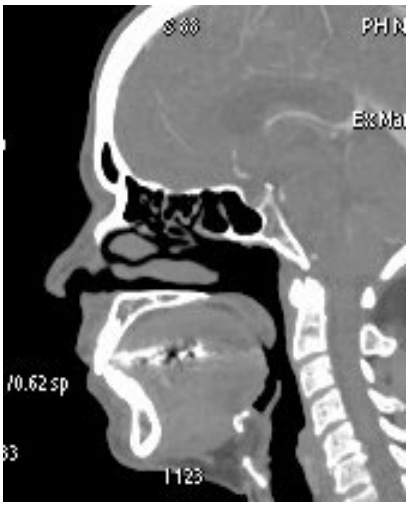

A CT image of the sinuses

Before the Scan Begins

- We may ask you to remove hairpins, jewelry, glasses, hearing aids, and any removable dental work. These items could cause problems with the images.
- *Women:* If there is any chance you may be pregnant, tell the CT technologist **before** the scan begins.

If You Will Receive Contrast

- We will place a small *intravenous* (IV) tube into your arm vein. This will be done before you enter the scanning room.
- 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 ever had an allergic reaction to contrast, we will ask you to take medicine to prevent a reaction to the contrast before your scan.
  - Have asthma, diabetes, a heart problem, multiple myeloma, or kidney disease. These conditions may increase your risk of having a reaction to the contrast. For example, kidney disease makes it harder for your body to remove contrast from your bloodstream.

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

- CT scans use X-rays. Because of this, 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 ease fear and give comfort. The parent must 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 place pillows to help you stay in position for the scan.
- 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 must lie still while the table moves into the center of the scanner. You must also hold still when the scans are being done. Holding still during the scan results in the best images.
- For the first few scans, the table will move quickly through the scanner. These first scans check the correct starting position. For the rest of the scans, the table will move more slowly.

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- If you are having contrast, it will be given to you through your IV at this time.
- A sinus-screening CT scan usually takes 5 to 30 minutes, including set-up time. The actual scan time is less than 30 seconds.
- When the scan is over, we may ask you to wait while we check the images for quality. A few more scans may be done, if needed.

What will I feel during the scan?

CT scanning does not cause any pain. You may feel some discomfort from needing to hold still during the scans.

If contrast is used, you may:

- Feel discomfort at the injection site
- Feel warm or flushed when the contrast is injected
- Have a metallic taste in your mouth

These reactions are normal. They ease within 1 to 2 minutes.

Allergic Reactions to Contrast

Once in a while, a patient gets itching and hives for up to a few hours after the injection of contrast. Tell us if this happens to you and we will give you medicine to treat the symptoms.

Tell us if you become lightheaded or short of breath. You may be having a more severe allergic reaction to the contrast. A doctor or nurse will be nearby during the scan, if needed.

What should I do after the scan?

If you had contrast for the scan, drink a lot of fluids to help your kidneys flush the contrast from your body.

Who interprets the results and how do I get them?

A radiologist skilled in reading CT scans will review and interpret the CT images. The radiologist will not talk with you about the results. The radiologist will send a detailed report to the 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 MyChart 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.

Questions?

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

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