

## CT: Spine Scan

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

*This handout explains how a CT scan of the spine works, how to prepare, what to expect, and how to get your results.*

### What is a CT spine scan?

CT stands for *computed tomography*. A CT scan uses a special X-ray machine to take detailed pictures of organs and tissues inside the body. CT spine scans take pictures of the spine, spinal cord, spinal canal, blood vessels, and other tissues.



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

### How does it work?

During the scan, you will lie 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 images from many angles. These images form cross-section pictures (*slices*) of your spine. Your doctor will review the pictures on a computer.

### Contrast

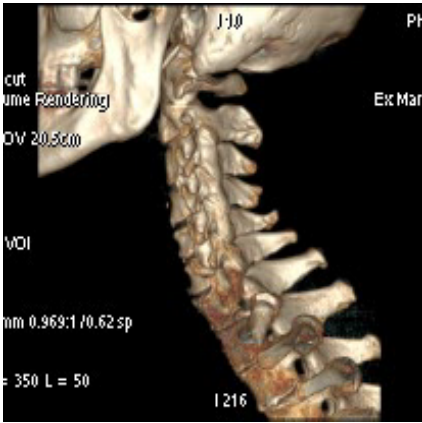
You may receive *contrast* (X-ray dye) during your scan. Contrast makes tissues and blood vessels easier to see in the images.

### How should I prepare?

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

### On the Day of Your Scan

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



A CT image of the spine

## Before the Scan Begins

- We may ask you to remove anything that contains metal, such as earrings, glasses, dentures, dental implants, bras, or zippers. Metal can affect the quality of the images.
- Tell the technologist if you have asthma, multiple myeloma, or any heart, kidney, or thyroid problems, or if you have diabetes, especially if you are taking Glucophage.
- *Women:* If there is any chance you may be pregnant, tell the CT technologist **before** the scan begins.

## If You Will Receive Contrast

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 the injection, we will ask if you have ever had a serious reaction to contrast or any other medicine. Contrast contains iodine, which can cause a reaction if you are allergic to 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.

## 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 CT scan done?

- You will lie on your back on a table. The CT technologist will help you get into position. We will use pillows to help you stay in position during 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 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 images.

- For the first few scans, the table will move quickly through the scanner. These first scans check the correct starting position. The table will move more slowly for the rest of the scans.
- If you are having contrast, it will be given to you through your IV at this time.
- When the scanning is done, we may ask you to wait a short time while the radiologist checks the images for quality. If needed, we may do a few more scans.
- The scanning takes a very short time. A full spine scan, including set-up time, takes 5 to 30 minutes.

### What will I feel during the scan?

- CT scans do not cause pain. You may feel some discomfort from having to stay still.
- If you receive contrast:
  - You may feel discomfort at the injection site.
  - You may feel warm or flushed when the contrast is injected. You may also have a metallic taste in your mouth. These reactions are normal. They should ease within 1 to 2 minutes.
  - Once in a while, a patient will develop itching and hives for up to a few hours after the injection. This can be relieved with medicine. Tell us if this happens to you.
  - If you start to feel light-headed or short of breath, tell us **right away**. You may be having an allergic reaction to the contrast. A doctor or nurse will be nearby during the scan to help, if needed.

#### Questions?

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

- UWMC - Montlake Imaging Services: 206.598.6200
- UW Roosevelt Radiology: 206.598.6868
- Harborview Imaging Services: 206.744.3105
- UWMC - Northwest Imaging Services CT: 206.668.2061

### What should I do after the scan?

If you received contrast, it is important to drink a lot of fluids after your scan. This will 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, and will send a detailed 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 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.