



UW Medicine



## 静脉造影剂延迟反应

### 后续追踪和自我护理

如果您在成像研究过程中通过静脉接受造影剂（X 射线染色剂）之后出现延迟反应，请遵循本手册中的说明。

### 什么是静脉造影剂？

造影剂是一种染色剂，可在成像研究之前注射，例如 计算机断层（CT）扫描、磁共振成像（MRI）扫描或血管造影检查（血管或淋巴管 X 光照射）。

造影剂帮助静脉、动脉、部分器官和其他身体组织在图像中更清晰地显示。注射入静脉的造影剂称为 静脉造影剂。

### 我在静脉造影剂研究之后应当做什么？

在接受造影剂注射后，多喝饮料，帮助身体将造影剂从身体系统中冲出。接受扫描后头四小时，多喝 2-3 杯水。



### 什么是造影剂反应？

接受扫描后头四小时，多喝 2-3 杯水。

造影剂反应是对造影剂的过敏反应。此类反应不经常发生，但严重程度从轻度到危及生命不等。

造影剂反应症状包括：

- 打喷嚏
- 麻疹或瘙痒感
- 喉咙发紧或呼吸困难（过敏性反应）

此类反应可能在造影剂注射后立即出现，或在您已经离开诊所或医疗中心几小时之后出现。

## 如果是轻微的症状，我需要接受治疗吗？

您出现任何反应都必须接受治疗：

- **立即**到健康护理专业人员处就诊。不要忽视任何反应迹象，即使看起来很轻微。
- 如果在您离开诊所或医疗中心之后出现反应，请阅读以下说明。
- 您可能需要用药物治疗过敏反应或防止恶化。

## 如果我在离开诊所或医疗中心之后出现症状，怎么办？

如果您在离开诊所或医疗中心之后出现反应，并且您的症状：

- **轻微**（有瘙痒感或打喷嚏，或两种症状同时出现）：
  - 拨打本页“有问题吗？”方框中所列的您所在设施的电话号码。要求与放射科医生通话。
  - 解释您最近接受了静脉造影剂研究以及您出现哪些症状。放射科医生将告诉您下一步怎么办。
- **更严重的症状**（如果您呼吸困难或喉咙发紧）：
  - **立即**前往最近的急诊室。

### 有问题吗？

你的问题非常重要。如果你有任何问题或担忧，请打电话给你的医生或健康护理服务提供者。

- 华盛顿大学医疗中心  
成像服务部 (UW  
Medical Center  
Imaging Services):  
206.598.6200
- 华盛顿大学医疗中心  
罗斯福诊所放射科  
(UW Medical Center  
Roosevelt Clinic  
Radiology):  
206.598.6868
- 港景医疗中心成像服  
务部 (Harborview  
Medical Center  
Imaging Services):  
206.744.3105
- 西雅图癌症护理联盟  
(Seattle Cancer Care  
Alliance):  
206.288.7200

UW Medicine



## Delayed Reaction to IV Contrast

### *Follow-up and self-care*

*This handout gives instructions to follow if you have a delayed reaction after receiving contrast (X-ray dye) through a vein during an imaging study.*

### **What is IV contrast?**

*Contrast is a dye that may be given before imaging studies such as computed tomography (CT) scans, magnetic resonance imaging (MRI) scans, or angiography exams (X-rays of blood or lymph vessels).*

Contrast helps veins, arteries, some organs, and other body tissues show up more clearly on the images. Contrast injected into a vein is called *IV contrast*.

### **What should I do after an IV contrast study?**

After having an injection of contrast, drink extra fluids to help your body flush the contrast from your system. Drink 2 or 3 extra glasses of water in the first 4 hours after your scan.



*Drink 2 or 3 extra glasses of water in the first 4 hours after your scan.*

### **What is a contrast reaction?**

A *contrast reaction* is an allergic reaction to the contrast. These reactions do not happen very often, but they can range from mild to life-threatening.

Symptoms of contrast reaction include:

- Sneezing
- Hives or an itchy feeling
- Tightness in your throat, or having a hard time breathing (*anaphylaxis*)

These reactions may occur right after the contrast is injected or several hours later, after you have left the clinic or medical center.

## Do I need treatment for mild symptoms?

If you have **any** reaction at all, you must seek treatment:

- See a healthcare professional **right away**. Do not ignore any sign of a reaction, even if it seems mild.
- If the reaction occurs **after** you have left the clinic or medical center, see below.
- You may need medicine to treat your reaction or to keep it from getting worse.

## What if my symptoms occur after I leave the clinic or medical center?

If you feel you are having a reaction after you leave the clinic or medical center, and your symptoms are:

- **Mild** (you feel itchy or you are sneezing, or both):
  - Call the phone number for your facility, listed in the “Questions” box on this page. Ask to speak with a radiologist.
  - Explain that you recently had an IV contrast study and what symptoms you are having. The radiologist will tell you what to do next.
- **More severe** (if you are having a hard time breathing or have tightness in your throat):
  - Go to the nearest Emergency Department **right away**.

### Questions?

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

- UW Medical Center  
Imaging Services:  
206.598.6200
- UW Medical Center  
Roosevelt Clinic  
Radiology:  
206.598.6868
- Harborview Medical  
Center Imaging Services:  
206.744.3105
- Seattle Cancer Care  
Alliance: 206.288.7200