



Having a CT scan

MARCELLE RUTH
CANCER CENTRE & SPECIALIST HOSPITAL

The Marcelle Ruth Cancer Centre & Specialist Hospital is the first comprehensive healthcare centre of its kind in Nigeria, and indeed, West Africa.

> Our promise

In everything we do, we believe that compassion and care make all the difference.

With vast experience and understanding, our specialist team uses the very latest technology and treatments to deliver the best outcomes possible.

From screening and diagnosis to treatment and ongoing support, we are committed to providing outstanding care to those in need.

About this booklet

We understand it can be overwhelming for anyone to undergo cancer care, but we are here to provide you with help and support.

The focus of this leaflet is to help you and your family understand more about CT scans.

CT scan

A CT scan is a diagnostic modality that uses X-rays linked to a computer to provide images of the body.

At Marcelle Ruth, we have 4-dimensional CT scanning, which is the first in West Africa.

Carrying out this test may require the use of contrast. Contrast provides added diagnostic information and can be administered through the oral, intravenous or rectal route. If you are having a CT scan of the abdomen and pelvis, you may be required to drink contrast or water in addition to the intravenous contrast.

IV contrast, also known as dye, is a colourless iodine-based liquid. The contrast is delivered to your body through an intravenous cannula that will be placed in a vein in your arm. Your kidney function tests will be done before you are given contrast.

You will also be required to sign a consent form which explains the risks and benefits of carrying out the scan. In addition, the risks of contrast use will be explained. A comprehensive checklist will be also be given, enquiring about allergies and other health issues.

How do I prepare for the scan?

- You will need to fast for six hours before the procedure, especially if you will require contrast.
- Antidiabetic medications should be discontinued for 24–48 hours before the procedure.
- Withhold your antihypertensive medications on the day of the procedure if you are hypertensive.
- If you are pregnant or think you are pregnant, please inform us immediately.

How is the scan done?

Scanning occurs at the radiotherapy department. You will be asked to lie on the scan table. Your positioning will depend on the area of the body being scanned. The scanning table will move you through the scanner. You may also be asked to hold your breath while the scan is going on.

The scanning usually lasts a few minutes and is not painful.

Following a CT scan

- You can go about your normal activities.
- If contrast was used, you will be encouraged to increase fluid intake for the rest of the day.
- You can resume eating normally.
- The cannula will be removed if you were given IV contrast.
- If you are taking metformin/Glucophage, you may be asked to discontinue it for the next 24 hours.
- You will not receive your results immediately; however they will be available within 24 hours as they have to be interpreted. A follow-up appointment may be scheduled for the purpose of discussing your results. A copy of the result would be available and will be sent to you and/or your referring physician if requested.

If you have any other questions or information about the procedure, please ring our client services managers on +234 809 042 5888 or + 234 906 2000 773.

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