

Your CT Simulation with IV Contrast (Dye)

Having IV contrast for your CT scan

Your radiation oncologist wants you to have your CT simulation with IV (intravenous) contrast. IV contrast helps your radiation oncologist see certain areas inside your body. This is used by the radiation team to plan your radiation treatments.

Risk of having IV contrast

Most people have the injection of IV contrast without any problems. You may have a mild, allergic skin reaction such as itching and hives. This reaction may go away without treatment. It can be treated with medication if needed. Some people have a severe allergic reaction. This could cause a drop in your blood pressure or changes in your heart rate. Your radiation team knows what to do if this happens. In very rare cases, stroke or death can occur.

It is important to tell us before your CT simulation if you've ever had an allergic reaction to IV contrast.

Preparing for your CT simulation appointment

To protect the function of your kidneys, it is important you follow the instructions with a check mark (✓) beside them.

The day before your CT simulation

- ✓ Drink 8-10 cups (1 cup = 250 ml) of non-caffeinated fluids. This will help your body flush out the IV contrast after your CT simulation.

The day of your CT simulation

- ✓ Do not eat food for 4 hours before your test is scheduled.
- ✓ Do not drink any fluids for 1 hour before your test is scheduled.
- Take the allergy medication (you will be given information about this if it applies to you).

Additional instructions for patients with kidney problems (an eGFR of less than 45)

The day before your CT simulation

- ✓ Drink 2 cups of soup broth or bouillon (example: OXO cubes dissolved in water)

The day of your CT simulation

- If you are taking a medication called Metformin HCL (Glucophage) for diabetes, do not take on the day of your test.

Your CT simulation with IV contrast

You will have an IV line put into a vein in your arm. The IV contrast will be injected into your IV line. As the contrast is put into your IV, you may have a metal-like taste in your mouth or a warm feeling in your body. This is normal and doesn't last. If you feel anything different, tell a member of your healthcare team.

After your CT simulation is done, your IV will be taken out. You will need to stay in the radiation department for about 15 minutes before you can go home.

After your CT simulation appointment

You will have a bandaid or small dressing over the area where your IV was put in. Remove this bandaid/dressing after two hours if it is dry (no bleeding). Call your primary nurse if you see any swelling or bleeding.

To protect the function of your kidneys, it is important you follow these instructions.

The day after your CT simulation

- ✓ Drink 8-10 cups (1 cup = 250 ml) of non-caffeinated fluids. This will help your body flush out the IV contrast after your test.

Additional instructions (for patients with kidney problems (an eGFR of less than 45))

48 hours after your CT simulation

- If you are taking a medication called Metformin HCL (Glucophage) for diabetes, start taking it again.
- Make an appointment to see your family doctor/nurse practitioner. You need to have bloodwork done to check your kidneys 2-3 days after your test.

Please talk to a member of your healthcare team if you have questions or do not understand any of the information in this handout.

If you have a problem or concern about a cancer related symptom

1. Call your primary nurse at the cancer centre from 8:30 am to 4 pm, Monday to Friday (except on holidays). Your primary nurse will have given you the number to call.
2. Call the After-hours Symptom Management Telephone Service at 1-877-681-3057.
 - From 5 pm to 8:30 am, Monday to Friday.
 - On weekends and holidays at any time of the day or night.

If you are having a medical emergency, call 911 or go to the emergency department at the hospital closest to you.

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