

Your CT Simulation with Oral Contrast (Dye)

Your radiation oncologist wants you to have your CT simulation with oral (by mouth) contrast. Oral contrast is a liquid that you will drink before your CT simulation. The oral contrast allows your radiation oncologist to see certain areas inside your body. This helps the radiation team plan your radiation treatments. This handout offers information on what you need to know about CT simulation.

Risk of having oral contrast

Most people have oral contrast without any problems. It is important to tell us before your CT simulation if you have had an allergic reaction to IV (intravenous) or oral contrast.

Your CT simulation with oral contrast

At this appointment you will have your CT simulation with oral contrast. A radiation therapist will give you instructions on how to drink the oral contrast. After drinking the oral contrast, you will need to wait for 1 to 1 ½ hours before you have your CT simulation. Your radiation therapist will let you know when you can expect to be called for your CT simulation.

You need to stay in the radiation department while you are waiting. You will be able to go to the bathroom during this time, unless a radiation therapist tells you something different.

After your CT simulation appointments

During the 24 hours after your CT simulation appointment, drink 6 to 8 cups (1 cup = 250 ml) of fluids (fluids without caffeine and alcohol). This will help you stay hydrated and flush the oral contrast out of your body.

If you have a problem or concern about a symptom or side effect from your cancer treatment:

1. Call your primary nurse at the cancer centre from Monday to Friday, 8:30 am to 4 pm, (except on holidays). Use the phone number your primary nurse gave you.
2. Contact CareChart Digital Health from Monday to Friday, 5 pm to 8:30 am and anytime on weekends and holidays for symptom management support.

Talk to a nurse using one of these options:

- Call the after-hours telephone line at 1-877-681-3057.
- Request a video call by going to www.carechart.ca.
- Use the CareChart Digital Health App. This App is available to download for iOS or Android devices.

Call 911 or go to the emergency department at the hospital closest to you for a medical emergency. Talk to any member of your healthcare team if you have questions or do not understand any information in this handout.

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