

**Taichung Armed Forces General Hospital**  
**Leaflet of Inpatient Nursing Instructions**

**電腦斷層攝影之護理指導**

Sir/Lady:

Nursing Instructions for Computed Tomography

I. Purpose: Computed tomography (CT) is a diagnostic tool that combines X-ray and computer technology to obtain images that can be used to determine the location and size of tumors inside the body, or to assist in diagnosing injuries to internal organs in trauma patients.

II. Examination method:

- (1) The radiographer will ask you to lie on a large square machine with a hole in the center and a movable examination table. After adjusting to the appropriate position, the radiographer will leave the examination room to operate the machine from the control room next door. You will be able to communicate with the radiographer via an intercom.
- (2) In some cases or if a child is being examined, one family member may be allowed to stay in the examination room.
- (3) During the examination, the table will slowly move into the CT machine, and X-rays will be used to obtain images. The entire process usually takes anywhere from ten minutes to an hour.

III. Precautions:

- (1) Please fast from food and drinks for six hours before the examination (if a contrast agent is not required, fasting is not necessary).
- (2) During the examination, follow the medical staff's instructions to remove hair accessories, jewelry, eyeglasses, hearing aids, or removable dentures.
- (3) No metal objects should be present in the area to be scanned, as metal can interfere with the CT imaging.
- (4) If you may be pregnant, please inform the doctor and radiographer before the scanning.
- (5) During the examination, you may be asked to take or be injected with a contrast agent.
- (6) Before injecting the contrast agent, the healthcare professional will typically ask you if you have a history of drug allergies, or if you have asthma, heart disease, kidney disease, or thyroid problems, as these conditions may result in discomfort caused by the contrast agent.
- (7) After the contrast agent injection, you may feel a warm sensation in your body, a

## **Taichung Armed Forces General Hospital Leaflet of Inpatient Nursing Instructions**

metallic taste in your mouth, itching of the skin, or develop a mild rash. In some cases, a mild urticaria may occur. If these symptoms persist, medication can be used to control them.

- (8) These common side effects usually subside within a minute or two.
- (9) Very few people may experience severe allergic reactions such as shortness of breath, swelling of the throat, or body edema. In such cases, immediately inform the radiographer or medical staff for proper treatment.
- (10) After the examination, you may resume normal eating.
- (11) If a contrast agent was injected, drink plenty of water to help expel the contrast agent from your body.
- (12) The results of the examination will be interpreted by a radiologist, and a report will be sent to your attending physician. You may discuss the results with your attending physician.

If you are still unclear about something or have any questions, please contact the nursing station in the ward