



电脑断层扫描 (CT 或 CAT) 准备说明

Computer Tomography (CT or CAT) Preparation Instructions (Chinese)

备注：以下准备仅适用于成人门诊护理。

Note: The following preps are for adult outpatient care only.

什么是 CT 扫描? What is a CT Scan?

电脑断层扫描，称为 CT 或 CAT 扫描，是一种 X 射线系统，它使用电脑拍摄头部、脊柱、胸部、骨盆、腹部、四肢和身体其他部位的详细图像。这些图片看起来像身体的横截面或“切片”，然后由电脑组合在一起。

Computed tomography, called CT or CAT scanning, is an x-ray system that uses a computer to take detailed images of the head, spine, chest, pelvis, abdomen, extremities, and other areas of the body. These pictures look like cross-sections or “slices” of the body that are then put together by the computer.

一些 CT 扫描需要使用**造影剂**，有时称为“造影染料”或“碘化造影剂”。如果您**已知**对造影剂**过敏**，您需要在测试前，尽快**拨打** (734) 936-4500 联系放射科。我们需要知道您的过敏情况，以及您曾有过的反应类型。这些信息将允许放射科医生通过您的转诊医生，为您安排预先用药，或做出必要的安排。

Some CT scans require the use of a **contrast** material, sometimes called “contrast dye” or “iodinated contrast material”. If you have a **known allergy** to contrast material you need to **call** the Radiology Department at (734) 936-4500 as soon as you can before the test. We need to know about your allergy and

what type of reaction you have had. This information will allow the radiologist to arrange for pre-medication for you through your referring doctor or make necessary arrangements.

测试是如何完成的? How is the test done?

为了进行扫描，我们会要求您躺在一张桌子上。桌子滑入扫描机中心的甜甜圈形环中。X射线管环绕着我们需要扫描的身体区域旋转。环中的传感器，侦测穿过您身体的X射线。来自传感器的信息，由电脑处理，并在视频屏幕上显示为图像。

To produce the scans, we will ask you to lie on a table. The table slides into the doughnut-shaped ring in the center of the scanning machine. An x-ray tube rotates around the area of your body that we need to scan. Sensors in the ring detect x-rays passing through your body. Information from the sensors is processed by a computer and displayed as an image on a video screen.

通常，我们会使用一种称为造影剂的无色液体（有时称为造影“染料”）来看您需要检查的身体部位。如果您需要造影剂进行检查，您可以吞下它（口服造影剂），或者通过I.V.（静脉内）将其直接注入您的静脉，通常在您的手臂或腿上。

Frequently, we will use a colorless liquid called a contrast agent (sometimes called contrast "dye") to see the part of your body we need to study. If you need contrast material for your exam you will either swallow it (oral contrast), or it will be injected directly into your vein through an I.V. (intravenously) usually in your arm or leg.

放射科医生（擅长医学图像的专业医生）将解读您的图像。

A radiologist (specialized medical doctor skilled with medical images) will interpret your images.

我如何准备 CT 扫描? How do I prepare for a CT scan?

我的饮食注意事项有哪些? What are my diet instructions?

约诊时间**前 2 小时**不要吃固体食物。您可以饮用澄清流质，直到约诊时间前 30 分钟（除非另有指示）。

Do not eat solid food for **2 hours before** the appointment time. You may drink clear liquids up until 30 minutes before the appointment time (unless otherwise instructed).

允许的澄清流质： Clear Liquids Allowed:

- 茶/黑咖啡 Tea/black coffee
- 苹果汁或蔓越莓汁 Apple or cranberry juice
- 檸檬或萊姆果凍 Lemon or Lime Jello-O
- 清鸡汤或牛肉清汤 Clear Chicken or Beef Broth
- 透明苏打水（七喜，雪碧，姜汁汽水） Clear Sodas (7-UP, Sprite, Ginger Ale)
- 白水 Water

如果您要接受“CT 肠造影”（一种专门用于评估您的肠道的 CT 扫描），那么在约诊时间**前 2 小时**不要吃固体食物

If you are having a “CT enterography” (a specialized CT scan designed to evaluate your intestines), then do not eat solid food for **2 hours before** the appointment time

我的用药注意事项是什么? What are my medications instructions?

除非放射科有不同的指示，否则请按规定用少量水服药。

Take your medication as prescribed with a small amount of water unless the Radiology Department instructs you differently.

如果您患有糖尿病，并且正在服用含有二甲双胍 metformin 的药物，来治疗肾脏问题，您可能需要在检查前，或检查时，停止服用。请参阅您的药房随着药物提供给您的患者信息页，以获取说明，或者咨询您的医生。如果您的指示是停止服药，请不要用药，直到检查后 48 小时，再开始服用。届时，您的肾功能应由您的医生重新评估。当他们告诉您，您的肾功能正常时，您可以再开始服用二甲双胍 metformin。在美国，二甲双胍 metformin 作为通用名药物出售，也存在于其他药物中。示例包括：Glucophage®、Glucovance®、Avandamet® 和 Metaglip®。

If you are diabetic and taking a medication that contains metformin for kidney problems, you may need to stop taking it before or at the time of your examination. Please refer to the Patient information pages supplied to you with the medicine by your Pharmacy for instructions or ask your doctor. If your instructions are to discontinue your medication, do not take it again until 48 hours after your examination. At that time, your kidney function should be re-evaluated by your doctor. You can resume taking metformin when they tell you your kidney function is normal. In the USA, metformin is sold as a generic drug and is also present within other drugs. Examples include: Glucophage®, Glucovance®, Avandamet®, and Metaglip®.

腹部（胃）或盆腔 CT 的特殊指示

Special instructions for an abdominal (stomach) or pelvic CT

您需要在预定的约诊时间前一小时到达，以进行称为 Readi-Cat ® 2 的口服制剂预备。

这意味着您将在扫描前一小时内的特定时间，喝几份钡液或水。钡剂是一种干燥的白色白

垚状粉末，与水混合制成浓稠的奶昔状饮料。钡剂和水可作为造影染剂，让扫描仪更详细地显示您的器官，因为染剂会在全身循环。

You will need to arrive one hour before your scheduled appointment time for oral preparation called Readi-Cat[®]2. This means that you will drink several portions of barium liquid or water during specific times in the hour leading up to your scan. Barium is a dry, white, chalky powder that is mixed with water to make a thick, milkshake-like drink. The Barium and water work as contrast dyes and allow the scanner to show your organs in more detail, as the dye circulates throughout the body.

60 分钟钡剂预备是：

1. 扫描前 60 分钟喝 450 毫升
2. 扫描前 30 分钟喝 450 毫升

The 60 minute barium preparation is:

Drink 450 milliliters 60 minutes before your scan

Drink 450 milliliters 30 minutes before your scan

有时，水会用作口服制剂。60 分钟的水预备是：

1. 扫描前 60 分钟喝 480 毫升水
2. 扫描前 30 分钟喝 480 毫升水
3. 扫描前立即喝 480 毫升。

Occasionally, water will be used as an oral preparation. The 60 minute water preparation is:

Drink 480 milliliters of water 60 minutes before scan

Drink 480 milliliters of water 30 minutes before scan

Drink 480 milliliters immediately before scan.

CT 引导活检的特殊指示 Special instructions for CT Guided Biopsy

您需要通过 CT 预约办公室，填写一份问卷。此外，我们需要在您的活检前，进行血液检查。血液检查项目有：

You will need to fill out a questionnaire through the CT scheduling office. In addition, we will need to take blood tests before your biopsy. The blood tests are:

- 凝血酶原时间 (PT) Prothrombin Time (PT)
- 部分凝血活酶时间 (PTT) Partial Thromboplastin Time (PTT)
- 血小板计数 (PLT) Platelet Count (PLT)
- 国际标准化比值 (INR) international Normalized Ratio (INR)
- 肌酐 (CREATE) Creatinine (CREATE)
- 尿素氮 (UN) Urea Nitrogen (UN)

如果您对 CT 预约有任何疑问，请致电 (734) 936-4500。)

If you have any questions regarding CT scheduling, please call (734) 936-4500.)

在您预约的活检当天：约诊时间**前 6 小时**不要吃固体食物。您可以饮用澄清流质，直到约诊时间前 30 分钟（除非另有指示）。

On the day of your scheduled biopsy: Do not eat solid food for **6 hours before** the appointment time. You may drink clear liquids up until 30 minutes before the appointment time (unless otherwise instructed).

在 CT 引导下进行活检时，您需要有人陪伴。所有活组织检查都安排两个小时的时段，但程序的长度可能更长或更短。有时，我们会给您一种药物，来帮助您在程序过程中放松。

活检后，您将被送到放射科的恢复区，大约需要两到六个小时。

You will need to have someone with you during a CT guided biopsy. All biopsies are scheduled for a two-hour period, but the length of the procedure may be longer or shorter. Sometimes, we will give you a medication to help you relax during the procedure. After the biopsy, you will be sent to a recovery area in the Radiology Department for approximately two to six hours.

CT 当天我可以预期什么？ What can I expect on the day of my CT?

- 请在您的约诊时间到达。 Please arrive by your appointment time.
 - 如果您要进行**身体 CT 或脊柱 CT 扫描**，您需要换上长袍（上面有金属的衣服，会干扰检查）。
 - If you are having a **body CT or Spine CT Scan** you will need to change into a gown or robe (clothing with metal on it will interfere with the exam).
 - 如果您要进行**颈部或胸部 CT 扫描**，您将需要移除所有项链、耳环、发夹、胸罩、助听器、金属纽扣等。
 - If you are having a **neck or chest CT Scan** you will need to remove all necklaces, earrings, hair pins, bras, hearing aids, metal buttons, etc.
- 我们会要求您躺在一张狭窄的桌子上。 We will ask you to lie on a narrow table.
- 在扫描之前，您可能会接受更多的口服造影剂，或静脉注射，将造影剂注入您的静脉。在注射过程中，许多患者会感到温热或潮红，而另一些患者会感到轻微的不适，通常持续约两分钟。

- Before to the scan, you might receive more oral contrast or an I.V. to inject contrast into your veins. During the injection, many patients feel a warm or flushed sensation, while others feel a minor discomfort that usually lasts about two minutes.
- 技术人员会将您的身体定位在扫描仪的甜甜圈形环内。程序开始时，您会听到 CT 机器发出嗡嗡声、辘辘声或咔哒声。
- The technologist will position your body inside the scanner's doughnut - shaped ring. As the procedure begins, you will hear humming, buzzing or clicking sounds from the CT machine.
- 您可能会被要求遵从简单的呼吸指示。保持静止有助于获得最清晰的图像，因此在进行扫描时，请尽量保持静止。诊断性 CT 扫描的总扫描时间可能少于 5 分钟。
- You may be asked to follow simple breathing instructions. Remaining still helps make the clearest images, so try your best to stay still when the scanning is happening. The total scanning time will be likely less than 5 minutes for a diagnostic CT scan.

程序后我应该预期什么？ What should I expect after the procedure?

在研究完图像后，放射科医生会向您的医生发送一份报告。最好向您的医生询问检查结果。

The radiologist will send a report to your doctor after the images have been studied. It is best to ask your doctor for the exam results.

有关于这些准备工作，如果有任何问题，请致电 (734) 936-4500，联系放射科呼叫中心，以获取更多信息。

For questions about any of these preps, please contact the Radiology Call Center, at (734) 936-4500 for more information.

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