



电脑断层扫描 (CT) 扫描期间对显影剂 过敏反应后的注意事项

Instructions After Allergic Reaction to Contrast During Computed Tomography (CT) Scan (Chinese)

我的护理注意事项有哪些？ What are my care instructions?

您对 CT 显影剂有过敏反应。您可能仍会发痒，或有荨麻疹或皮疹。您可能会因服用的药物而昏昏欲睡。

You had an allergic reaction to CT Contrast. You might still be itchy or have hives or a rash. You might be drowsy from the medication you received.

后续护理是您的治疗和安全的关键部分。请务必安排并前往所有约诊，如果您有问题，请致电您的医生。

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments and call your doctor if you have problems.

我在家中应该如何照顾自己？ How can I care for myself at home?

活动 Activity

为了您的安全，如果您接受任何针对显影剂反应的药物，请避免需要运动协调的活动（例如驾驶），这些药物包括：

- 苯海拉明diphenhydramine (苯那君Benadryl)
- 肾上腺素 (Auvi-Q小型肾上腺素自注射器, 肾上腺素笔)

For your safety, avoid activities that require motor coordination (such as

driving) if you have received any medicines for your contrast reaction including:

- diphenhydramine (Benadryl)
- epinephrine (Auvi-Q, EpiPen)

饮食 Diet

- 食用您的正常饮食。如果您的胃部不适，请尝试清淡低脂的食物，如白米饭、吐司和酸奶。
- Eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast, and yogurt.
- 多喝水（除非您的医生告诉您不要）。
- Drink plenty of fluids (unless your doctor tells you not to).
- 24 小时内不要喝酒精饮料。
- Do not drink alcoholic beverages for 24 hours.

药物 Medications

- 服用您的医生开給您的普通用药。
- Take your normal medicines your doctor has prescribed.

特殊指示 Special Instructions

- 如果您将来需要静脉注射显影剂以进行 CT 扫描，请将此反应告知放射科。
- If you need an IV contrast agent for CT in the future, please tell the Radiology Department about this reaction.
- 在您下一次需要显影剂的 CT 扫描前，与您的医生交谈，以便他们考虑为您准备类固醇和苯那君。

- Talk with your doctor before your next CT scan requiring a contrast agent, so they can consider preparing you with steroids and Benadryl.

您什么时候该打电话寻求帮助？ When should you call for help?

如果您认为需要紧急护理，请随时拨打 911。如果您有以下任何体征和症状，请致电：

- 呼吸短促
- 胸痛
- 失去意识（如果您昏倒或昏厥）

Call 911 anytime you think you need emergency care. Call if you have any of the following signs and symptoms:

- Shortness of breath
- Chest pains
- Loss of consciousness (if you passed out or fainted)

如果您有以下任何体征和症状，请在周一至周五（节假日除外）上午 8 点至下午 5 点之间致电放射科护理站 734-936-4515：

- 更多荨麻疹或皮疹
- 瘙痒增加或烦人的瘙痒不消失
- 肿胀
- 头晕
- 呕吐不止
- 静脉注射部位发红、肿胀、红色条纹或疼痛

Call the Radiology Nursing Station at 734-936-4515 between 8am and 5pm

Monday through Friday (except holidays) if you have any of the following signs and symptoms:

- More hives or rash
- Increased itching or troublesome itching that won't go away
- Swelling
- Dizziness
- Vomiting that does not stop
- Redness, swelling, red streaking or pain at IV site

下班后，您可以拨打 734-936-6267，寻呼机 1800 联系 Radiology Superchief（紧急情况下待命的放射科住院医师）。

After hours you can call the Radiology Superchief (the radiology resident on call for emergencies) at 734-936-6267, pager 1800.

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如果您对此文件、您的病情或治疗方案有任何疑问，请与您的医疗保健提供者商谈。

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