

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

What are my care instructions?

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.

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.

How can I care for myself at home?

Activity

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)

Diet

- Eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast, and yogurt.
- Drink plenty of fluids (unless your doctor tells you not to).
- Do not drink alcoholic beverages for 24 hours.

Medications

- Take your normal medicines your doctor has prescribed.

Special Instructions

- If you need an IV contrast agent for CT in the future, please tell the Radiology Department about this reaction.

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

When should you call for help?

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)

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

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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Reviewer: James Ellis MD

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