



# 放射科检查造影剂过敏准备

(电脑断层扫描、核磁共振成像、介入放射科)

## Contrast Allergy Preparation for Radiology Studies

(CT, MRI, Interventional Radiology) (Chinese)

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### 为什么我需要为此测试做准备?

Why do I need to prepare for this test?

您的医生已经嘱咐一种造影检查，会使用注射到静脉，动脉或其他结构中的造影剂。不同类型的造影检查，使用不同类型的造影剂。如果您以前对测试中使用的造影剂类型有过敏反应，则发生严重过敏反应的风险将会增加。对极少数人来说，这可能是有害的，甚至是危及生命的。在测试前服用药物，可能会降低这种风险，但风险并不能完全消除。

Your doctor has ordered an imaging test that uses contrast material injected into a vein, artery, or other structure. Different types of imaging tests use different types of contrast materials. If you had a previous allergic reaction to the type of contrast material that will be used in the test, you are at increased risk for a serious allergic reaction. This can be harmful or even life threatening in a very small number of people. Taking medications before the test may reduce this risk, but the risk cannot be completely eliminated.

### 计划是什么? What is the plan?

**第 1 步:** 从您的医生那里取得处方 **Step 1:** Obtain prescriptions from your doctor

**第 2 步:** 在当地药房配药 **Step 2:** Fill prescriptions at local pharmacy

**第 3 步:** 服用药物: **Step 3:** Take Medications:

- 测试前 **13 个小时**: 口服强的松 Prednisone 50 毫克
- **13 hours** before your test: Take Prednisone 50mg by mouth
- 测试前 **7 个小时**: 口服强的松 Prednisone 50 毫克
- **7 hours** before your test: Take Prednisone 50 mg by mouth
- 测试前 **1 个小时**: **1 hour** before your test:
  - 口服强的松 Prednisone 50 毫克 Take Prednisone 50 mg by mouth
  - 口服苯海拉明 Diphenhydramine 50 毫克。您可以在药房和许多杂货店里，购买非处方药苯海拉明 Diphenhydramine (无需处方)。您可以服用通用名苯海拉明 Diphenhydramine 药物，或苯那君 Benadryl, 品牌名称)。
  - Take Diphenhydramine 50 mg by mouth. You may buy Diphenhydramine over-the-counter (without a prescription) at pharmacies and many grocery stores. You may take a generic Diphenhydramine medication, or Benadryl, the brand name).

测试日期:	测试时间:
Test Date:	Test Time:

用几口水服用药物，特别是如果测试前不允许进食和/或饮水。

Take the medications with a few sips of water, especially if you are not allowed to eat and/or drink before the test.

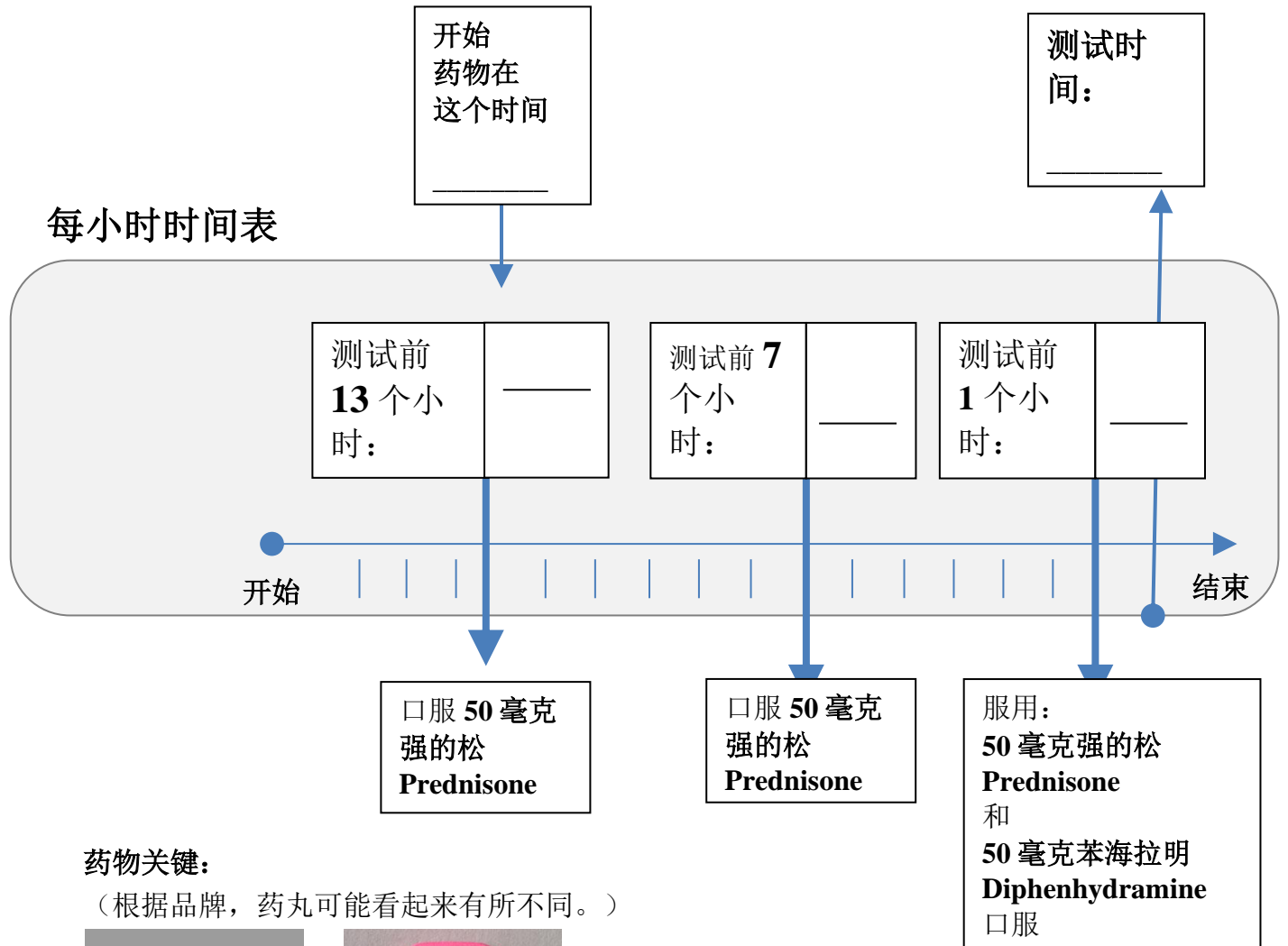
**如果您没有按照指示服用这些药物，您将无法进行测试。**

**If you don't take these medications as directed, you will NOT be able to take the test.**

## 遵循时间表: Follow the timeline:

请在空白时段填写相应的时间。这可以帮助您记住服用药物的准确时间。您要确定在测试前至少 14 小时配药。

Please fill-in the appropriate hours in the blank time spaces. It will help you remember exactly when to take the medications. Make sure to fill your prescription at least 14 hours before the test.



### 药物关键:

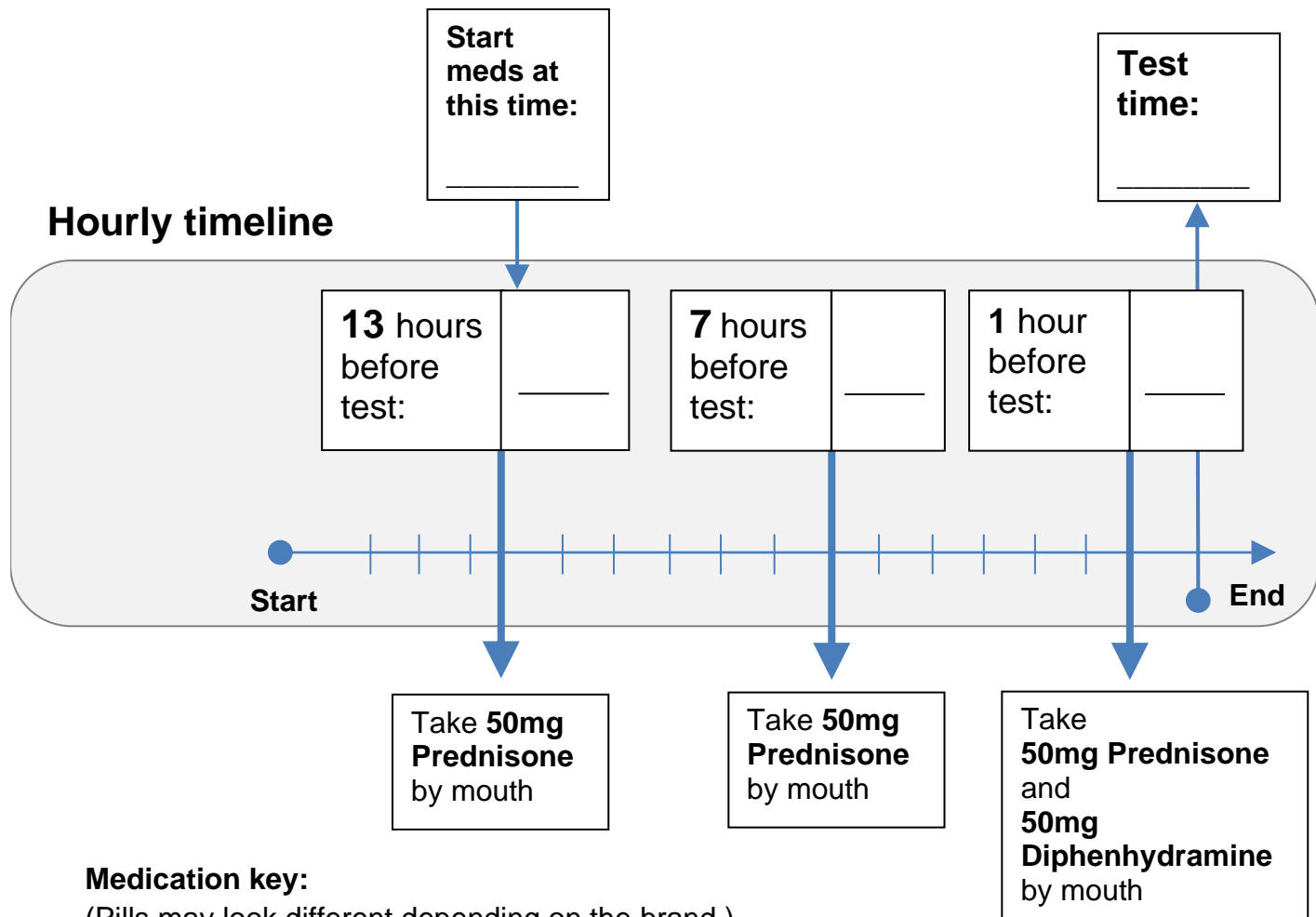
(根据品牌, 药丸可能看起来有所不同。)



强的松 Prednisone



苯海拉明 Diphenhydramine



**Medication key:**

(Pills may look different depending on the brand.)



Prednisone



Diphenhydramine

## 我可以为了方便起见调整时间表吗？

### Can I adjust the timeline for my convenience?

- 您只能调整强的松 **Prednisone** 剂量在测试前 **13 小时**，或测试前 **7 小时** 的时间安排。您**最多**可以将时间调整**一小时**。
- You may only adjust the timing of the **prednisone doses** scheduled for **13 hours** before the test or scheduled for **7 hours** before the test. You may adjust the timing by **up to a total of one hour**.
  - 例如，您可以在测试前 14 小时服用第一剂，以便在测试前 7 小时预定的剂量之前，获得 7 小时的睡眠。或者，您可以在测试前 13 小时服用第一剂，在测试前 6 小时服用第二剂。
  - For example, you could take the first dose at 14 hours before the test to get 7 hours of sleep before the dose scheduled at 7 hours before the test. Or you could take the first dose at 13 hours before the test and the second dose at 6 hours before the test.
- 您可能**无法**调整在测试前 1 小时需要服用药物的时间。
- You may **not** adjust the timing of the medications you need to take 1 hour before the test.

### 我需要遵循哪些预防措施？ What precautions do I need to follow?

苯海拉明 Diphenhydramine 会让您昏昏欲睡。服用此药时，请勿驾驶或操作机器。您需要安排司机往返约诊，因为这种药物可能会引起嗜睡。

Diphenhydramine can make you drowsy. Do not drive or operate machinery while you are taking this medication. You will need to arrange for a driver to

and from the appointment, due to the possibility of drowsiness from this medication.

一定要告诉您的医生，如果您对强的松 Prednisone 或苯海拉明 Diphenhydramine 过敏或不能耐受。可能有替代方案。

Make sure to tell your doctor if you are allergic to or cannot tolerate prednisone or diphenhydramine. Alternatives may be available.

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