



Department of Radiology of the  
Mount Sinai Health System

The Mount Sinai Hospital  
Mount Sinai Beth Israel  
Mount Sinai Brooklyn  
Mount Sinai Queens  
Mount Sinai St. Luke's  
Mount Sinai West  
New York Eye and Ear  
Infirmary of Mount Sinai  
Mount Sinai Doctor's Faculty Practice

**INSTRUCTIONS FOR  
PATIENTS RECEIVING ORAL  
CONTRAST FOR COMPUTED  
TOMOGRAPHY (CT) SCANS**

Your provider has ordered a CT scan to help with your diagnosis.

This CT scan requires you to drink oral contrast ("dye") to allow the radiologist to visualize your GI tract (stomach and/or intestines).

**DRINKING INSTRUCTIONS:**

1. You will be given 1 liter, which is approximately 33 ounces or 4 cups.
2. Please start drinking as soon as you are able to (unless advised to wait by a nurse or doctor).
3. It is not necessary to drink this container all at once, but please try to drink at least 1 cup every 10-15 minutes if possible.
4. Your nurse or patient liaison will check with you to assess your progress. If possible, try to remember the time at which you finished half the bottle.
5. Try to drink the full volume of oral contrast in the first hour.
6. *If you experience any difficulty please notify your nurse.*

**OTHER DETAILS TO KNOW:**

7. Oral contrast can take 2 hours or more to move through the bowel, so you will likely not be called to CT until at least 75-90 minutes after you have begun to drink. For some medical conditions we may need to allow even greater transit time.
8. Most patients will need to wear a gown and to have a working IV (intravenous) line if injected contrast is also necessary. Gown and IV should both be arranged before patients arrive in Radiology.
9. Additional blood test results may be necessary before scanning.
10. In CT, you will be asked to drink a small amount of additional contrast just before the scan to ensure adequate contrast is visible in the stomach.
11. A physician in Radiology will read your images shortly after your scan, and will give results to your provider. Radiology physicians are present in the hospital 24 hours/day to provide timely interpretations of emergent scans.

We hope that you have a positive experience in Radiology.

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