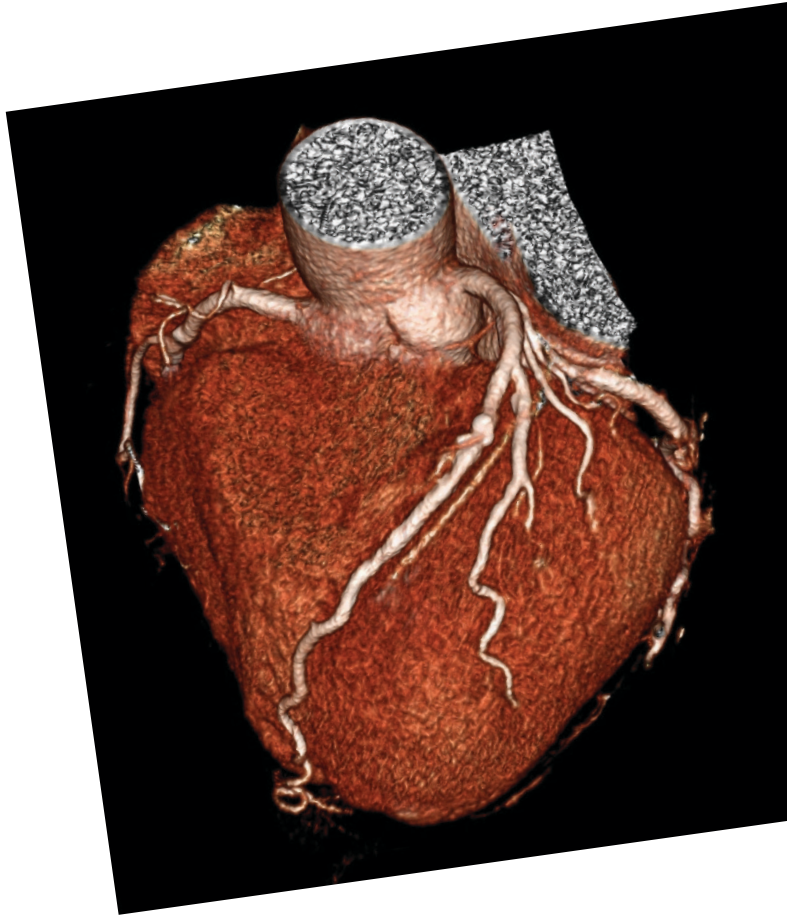


Computed Tomography (CT)



The Department of Radiology provides a comprehensive range of imaging services, both diagnostic and image-guided interventional procedures to diagnose and treat many medical conditions. Using advanced imaging equipment, our qualified and experienced radiologists and radiographers perform a variety of examinations, from basic X-rays to more complex MRI and CT scans.

What is a computed tomography (CT) examination?

A CT scan is a specialised examination using a combination of computer technology and X-rays to obtain image data from different angles around the body. This examination produces detailed cross-sectional images for diagnostic and therapeutic purposes.

What can I expect?

- You will be lying down on a scanning couch which will be moving during the scan.
- Your radiographer may instruct you to hold your breath for up to 10 seconds as your scans are being taken.
- Please remain still during the scan and follow the breathing instructions so that we can take the best possible image for you.
- Depending on the type of scan you require, you may be asked to take some fluids before the scan. This will allow your doctor to better visualise your stomach, small bowel and colon.
- Your examination may require an enema to be administered if the colon is the focus of the study. You may experience a sense of abdominal fullness.
- A special dye (contrast) may be injected depending on the type of scans.



- If you are undergoing a CT colonography, a catheter will be inserted into your rectum to introduce air into your colon for better visualisation. You may experience a sense of fullness. An injection may also be given to relax your muscles just before the examination. This may cause momentary blurring of vision.
- You will be alone in the room during the scan. However, the radiographer can see, hear and speak with you through an intercom system.

How long is the examination?

- The examination takes between 30 minutes to 2½ hours and includes preparation time. After the examination, you can return to a normal diet.

How should I prepare?

General preparation

- Please refrain from eating or drinking four hours before the scan.
- You may however continue to take your medication as required with a few sips of water.

Please inform your referring doctor if you have any of the following.

Special preparation may be required:

- Allergy to iodine, e.g. iodine-based contrast medium
- History of asthma
- History of multiple drug allergies (three drugs and above)
- History of contrast allergy
- You are taking metformin medication
- History of renal disease
- History of hypertension
- History of Diabetes Mellitus
- You are above 60 years old

CT abdomen, pelvis and Urogram

- Drink at least 3 glasses of water 1 hour before your appointment.
1 glass = 300ml
- Refrain from eating 4 hours before your appointment.
- If you are on fluid restriction, please follow your fluid regimen and omit any fluid intake as indicated above.
- Do not empty your bladder 30 to 60 minutes before the scan or until the examination is over.

CT coronary angiogram

- Do not consume caffeinated products (e.g. coffee, tea, coca-cola or chocolate) and tobacco 24 hours before the scan.
- Refrain from eating 4 hours before your appointment.

You will first be required to undergo an ECG, and be given medication (as necessary) to achieve an optimum heart rate for the scan. The entire preparation may take one to two hours. Just before the scan, a spray of medication may also be given under your tongue to enable the arteries of your heart to be better visualised.

CT KUB

- Drink at least 3 glasses of water 1 hour before your appointment.
1 glass = 300ml
- If you are on fluid restriction, please follow your fluid regimen and omit any fluid intake as indicated above.
- Do not empty your bladder 30 to 60 minutes before the scan or until the examination is over.

Will there be any injections?

- Some patients may require an injection of a special dye (contrast) into the bloodstream to better visualise certain areas.
- You will be informed if such an injection is needed on the day of the examination.

- If an injection is required, you will be asked some questions on your medical history to minimise the possibility of developing an allergic reaction or complications arising from the contrast.
- Some patients may feel a flush of heat and metallic taste at the back of their mouth during the injection. Such sensations usually subside within minutes.
- The main risks of injection are allergic reactions to the contrast and leakage of intravenous contrast outside the veins. Some patients also develop rashes, eye swelling, etc. Such risks are low and all precautions will be taken to minimise them.
- The contrast medium will be passed out in the urine.



After the examination

- If a contrast material was injected into your vein during the scan, you should drink enough water after the scan.
- If you are on Metformin (an anti-diabetic medication), please stop taking it immediately after the CT scan. You may resume it 48 hours after your scan.
- If you had undergone a CT coronary angiogram, you may need to rest for 15 to 30 minutes to ensure you do not experience adverse effects from any medications administered during the examination.
- Please contact our department at 6716 2001, or go to a GP or the Emergency Department (after office hours) should you develop any of these symptoms within 48 hours:
 - Itchiness with red spots on the skin
 - Swelling of the eyes or mouthYou should also get medical help if you are uncertain and do not feel well after the examination.
- You may have food and drinks as per normal.

Important points to note

- Please inform our staff if you have any of the following:
 - Asthma
 - Diabetes and are taking a medication called Metformin
 - Possible or confirmed pregnancy
 - Allergy to iodine, e.g. iodine-based contrast medium
 - History of multiple drug allergies (three drugs and more)
 - History of contrast allergy
 - History of renal disease
 - History of hypertension
 - You are above 60 years old
- Patients below 21 years old or are mentally unsound must obtain consent from their parents or guardian.
- Please be punctual. Any delay will affect the scheduling of other patients, and your appointment may need to be rescheduled.
- Please inform the Radiology department at 6716 2001 if you are unable to keep the appointment.
- Please bring along all your previous X-ray images and reports.

Appointment

Name:

Age:

Sex:

Examination:

Fee (estimated):

Appointment Date:

Appointment Time:

Referring SOC:

Venue: Radiology department (Tower A – NTFGH Clinics),
Ng Teng Fong General Hospital

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

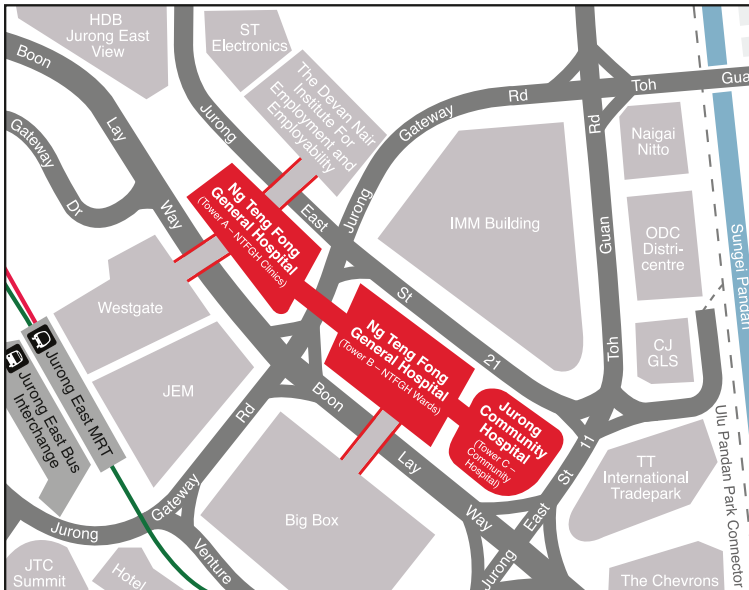
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.