



**RADIOLOGY**  
S E R V I C E S  
of NEW YORK, P.C.

## **Instructions for Contrast Drink Preparation**

Dear Patient:

Your doctor has requested that you have a CT scan with a contrast drink. The contrast drink will assist the radiologist in interpreting your examination. It is important that you follow these instructions closely.

### **How to prepare your contrast drink:**

You have been given a bottle of concentrated contrast liquid which **must** be mixed before drinking. Mix the contents of the bottle with 1000 ml (32 oz) of a drink of your choice, excluding milk, milk products or alcoholic beverages.

### **How to drink your contrast drink:**

- 1) Do not eat or drink for 4 hours prior to your scheduled appointment time.
- 2) After mixing, drink half of the contrast mixture 4 hours prior to your CT appointment time.
- 3) Drink the remaining half **slowly** 1 hour prior to your appointment time. (example, appointment time 11 a.m. drink 1<sup>st</sup> half @ 7 a.m. and the remainder @ 10 a.m.)
- 4) **IF YOUR APPOINTMENT TIME IS AT OR BEFORE 10 A.M. YOU MAY DRINK THE FIRST HALF THE NIGHT BEFORE AND THE REMAINING HALF 1 HOUR PRIOR TO YOUR EXAM. (EXAMPLE , APPOINTMENT TIME 8 A.M. DRINK 1<sup>st</sup> HALF BEFORE BEDTIME THE NIGHT BEFORE AND THE REMAINDER AT 7 A.M.)**

### **Note:**

- 1) You may take medicine that you normally take with a sip of water unless you are diabetic.
- 2) If you are diabetic, please do not take your medications until after your scan.

We hope this has explained the CT scan contrast drink preparation. Your cooperation is important in obtaining a good scan.

If you have any questions please do not hesitate to call us.

Thank you,  
Radiology Services of New York, P.C.