



RADIOLOGY SERVICES OF NEW YORK, P.C.

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Instructions for Contrast Drink Preparation

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. Drink the remaining half **slowly over 30 minutes** starting 1 hour prior to your appointment time.
ie: If your appointment time is at 11 am, drink 1st half @ 7 am and the remainder @ 10 am
- 3) **IF YOU'RE 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.**

ie: If your appointment time is at 8am, drink 1st half before bedtime the night before and the remainder at 7am.

PLEASE NOTE:

- 1) **You may take medicine that you normally take with a sip of water.**

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,

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