

Computed Tomography (CT)
Lumbar Spine without IV Contrast
Pre-exam Information and Instructions

Thank you for choosing Yale New Haven Hospital

We are looking forward to providing you with exceptional care.

Yale New Haven Hospital Preparation for this Exam:

Before Arriving for Your Exam

- Please arrive **15 minutes** early to check in.
- Children accompanying patients during visits:
 - Unfortunately, we cannot routinely supervise your children during your imaging study. We believe that you are best served when we can provide 100% of our attention to you. Therefore, we encourage you to make childcare arrangements or to bring a responsible adult with you to supervise your children.
- Take all medications as directed by your doctor.
- There are no restrictions in your diet required prior to this test, but we advise avoiding a large meal prior to your appointment if possible.
- Please leave your jewelry and valuables at home and wear comfortable clothing.
- Although we do not anticipate any delay in your scheduled appointment, we recommend that you bring a book, magazine or music player to help pass any time you may need to wait.

After Arriving

- A radiology nurse or technologist will ask you a few questions regarding your medical history.
- ATTENTION Females (ages 10 to 55)
To ensure Radiation Safety, the following is YNHH Policy on pregnancy test for this Radiology exam.
 - PARENTS: A pregnancy test is required on all females (ages 10 to 17) prior to the start of the exam.
 - Females (ages 18 to 55) may either sign a waiver stating that there is no chance that you could currently be pregnant, or have the choice to take a pregnancy test prior to the exam

During Your Exam

- While positioning you on the exam table, the technologist will explain your procedure and answer any questions you may have.
- Most often, you will be asked to lie flat on your back with your arms over your head.
- The table you are on will slide into the scanner. The scanner is open at the back and the front, allowing you to see out. The technologist will always be able to see and hear you during your exam.
- You will be asked to hold still and may be asked to hold your breath. You will only be inside the machine for a few minutes.

Exam Duration

- Your scan will take approximately 15-20 minutes, with only a few minutes inside the actual machine.

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After Your Procedure

- There are no restrictions placed on you after this procedure. You may eat and drive as normal.
- Your exam will be interpreted by a Radiologist (a doctor who is an expert in understanding these exams). A report will be sent to your provider, who can review the results with you.

*For more general information on what to expect during your upcoming radiology exam.

Visit this link to **Computed Tomography (CT) – Spine** at RadiologyInfo.org

RadiologyInfo.org is the public information resource developed by health care professionals in collaboration with patients. It was established to inform and educate the public about how various x-ray, CT, MRI, ultrasound, radiation therapy and other procedures/exams are performed and what you may experience during your procedure.

RadiologyInfo.org is sponsored by the Radiological Society of North America (RSNA) and the American College of Radiology (ACR).

**Yale New Haven Hospital thanks you for choosing us
to be part of your healthcare team.**