



**Patient Scheduling: 703.824.3260**

**Alexandria Computed Tomography Center**  
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 Alexandria, VA 22304 703.751.5055

**Woodbridge CT**  
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 Woodbridge, VA 22193 703.357.9625

# CT Preparation Instructions

*Find the appropriate Instruction type for your exam.  
 Specific instructions are on reverse.*

TYPE OF EXAM	WITHOUT CONTRAST	WITH CONTRAST	WITH AND WITHOUT CONTRAST
<b>Spine, Cervical, Head, Facial Bones, Neck, or Soft Tissue Only</b>	Instructions <b>A</b>	Instructions <b>E</b>	Instructions <b>H</b>
<b>Any combination of Head, Facial Bones, Neck, or Soft Tissue</b>	Instructions <b>A</b>	Instructions <b>E</b>	Instructions <b>H</b>
<b>Chest Only</b>	Instructions <b>A</b>	Instructions <b>E</b>	Instructions <b>E</b>
<b>Pelvis Only</b>	Instructions <b>B</b>	Instructions <b>F</b>	Instructions <b>F</b>
<b>Abdomen Only</b>	Instructions <b>C</b>	Instructions <b>G</b>	Instructions <b>F</b>
<b>Any combination of Chest, Abdomen, or Pelvis</b>	Instructions <b>D</b>	Instructions <b>F</b>	Instructions <b>F</b>

## ALL CT PATIENTS

- AAR can accommodate patients weighing up to 500 pounds.
- Precertification is required for Cigna/Aetna HMO-POS, GEHA, Amerigroup/Unicare, United Healthcare, Medicaid, and Anthem. For precertification assistance by AAR, please call 703-824-3227.
- For patients with upper and lower extremity exams or chest exams, bring any existing films.

**On the day of appointment, be sure to bring:**

- Doctor's order, prescription or referral form
- Insurance card
- Co-pay
- Any previous pertinent CT reports or arrange to have them sent to our office prior to appointment
- Completed appointment forms

For the safety of our patients and our staff, children are not permitted to accompany a patient into the examination room and may not be left unattended in the waiting room. Please plan accordingly.

Visit [www.alexandriaradiology.com](http://www.alexandriaradiology.com) for office directions and appointment forms.

## CT Exam instructions

<b>Instructions A</b>	<input type="checkbox"/> No special preparation needed.
<b>Instructions B</b>	<input type="checkbox"/> Pick up barium from AAR office and drink 2 hours prior to exam.
<b>Instructions C</b>	<input type="checkbox"/> Arrive 30 minutes early for exam to drink barium.
<b>Instructions D</b>	<input type="checkbox"/> Pick up barium from AAR office and drink 2 hours prior to exam. <input type="checkbox"/> Arrive 30 minutes early for exam to drink additional barium.
<b>Instructions E</b>	<input type="checkbox"/> No solid food 4 hours before exam. Clear liquids only. <input type="checkbox"/> Patients over 60 must have Bun and Creatinine results. <input type="checkbox"/> Patients with kidney problems: consult technologist. <input type="checkbox"/> Diabetic patients: If Glucophage, Glucovance or Avandament is used, take in morning before exam and not for 2 days after.
<b>Instructions F</b>	<input type="checkbox"/> No solid food 4 hours before exam. Clear liquids only. <input type="checkbox"/> Pick up barium from AAR office and drink 2 hours prior to exam. <input type="checkbox"/> Arrive 30 minutes early for exam to drink additional barium. <input type="checkbox"/> Patients over 60 must have Bun and Creatinine results. <input type="checkbox"/> Patients with kidney problems: consult technologist. <input type="checkbox"/> Diabetic patients: If Glucophage, Glucovance or Avandament is used, take in morning before exam and not for 2 days after.
<b>Instructions G</b>	<input type="checkbox"/> No solid food 4 hours before exam. Clear liquids only. <input type="checkbox"/> Arrive 30 minutes early for exam to drink barium. <input type="checkbox"/> Patients over 60 must have Bun and Creatinine results. <input type="checkbox"/> Patients with kidney problems: consult technologist. <input type="checkbox"/> Diabetic patients: If Glucophage, Glucovance or Avandament is used, take in morning before exam and not for 2 days after.
<b>Instructions H</b>	<input type="checkbox"/> No solid food 4 hours before exam. Clear liquids only. <input type="checkbox"/> For patients with upper and lower extremity or chest exams, bring any images related to your condition that were not performed by AAR. <input type="checkbox"/> Patients over 60 must have Bun and Creatinine results. <input type="checkbox"/> Patients with kidney problems: consult technologist. <input type="checkbox"/> Diabetic patients: If Glucophage, Glucovance or Avandament is used, take in morning before exam and not for 2 days after.