



Patient information and education:

Computed tomography with or without contrast agent

Your doctor has recommended that you have a **CT scan**. The scan will most likely lead to a more detailed diagnosis of your condition or rule out a suspected condition. A few days after your examination, your referring doctor will receive a written report from us.

 **Please note that as radiologists, we cannot make treatment recommendations. Your referring physician will advise you on appropriate therapies.**

■ What is computed tomography (CT)?

CT is an X-ray imaging procedure. You lie quietly and relaxed on the examination table of the device for a few minutes and are moved through a short, open ring for a few seconds. The examination is possible without any problems if you are claustrophobic. You may be asked to take one or more deep breaths and hold your breath.

■ How high is the radiation exposure?

We are doctors specialised in radiation protection and you can be sure that we will carefully examine the necessity of your examination. The use of X-rays on humans is subject to strict legal requirements and is monitored. The individual dose required for you depends on many factors (e.g. the diameter of the part of the body being examined), so it cannot be predicted exactly. If a certain radiation value (limit value) is exceeded, this does not automatically mean that it is actually dangerous. Limit values are not used to differentiate between dangerous and harmless. Exceeding a limit value means that the probability of health consequences occurring is higher than a theoretically assumed value. The tissue of younger people is generally more susceptible to radiation damage than the tissue of older people. The dose generally increases with obesity and with metallic implants in the examination area (e.g. hip prosthesis).

■ Are there alternative methods of examination?

Normal ('conventional') X-ray, MRI, ultrasound or nuclear medicine examinations. We and your referring doctor have selected the most suitable examination for your (suspected) illness.

■ What are the possible complications of contrast agent?

The side effect rate of modern contrast agent is low. Injection into a vein can very rarely lead to bleeding, inflammation or infection. If an extravasation occurs, i.e. the contrast agent does not flow into the blood vessel (vein) but into the surrounding tissue, serious complications requiring surgery are very rarely to be expected.

Contrast agent (and possibly other medications) may cause intolerance or allergic reactions. These are very rare and are usually mild reactions (e.g. rashes, nausea). Severe allergic reactions, including life-threatening anaphylactic shock with permanent organ damage, are very rare and generally occur within the

first **30 minutes** after administration of the contrast agent. You are therefore required to remain at our practice for observation for at least 30 minutes after the contrast agent has been administered. You are advised not to drive a car or operate machinery within the first hour after administration of the contrast agent. If you are known to be allergic to iodine, you should not be given a contrast medium. In the case of abdominal examinations, you will be asked to drink water before the examination in order to be able to better assess the intestine. For abdominal and pelvic examinations, you should avoid going to the toilet immediately before the examination. The bladder is easier to assess when it is filled with urine. If you already have impaired kidney function (also known as renal insufficiency), this can be worsened by the administration of a contrast agent, even to the point of kidney failure requiring dialysis. If you have, or are suspected of having, severe renal insufficiency, no contrast agent will be used. Iodinated contrast agent can cause thyroid hyperfunction in certain pre-existing conditions (e.g. Basedow's / Graves' disease). Symptoms include palpitations, nervousness, extreme restlessness and increased sweating. If you experience any of these symptoms, contact your doctor immediately. Drink more fluids than usual in the first 24 hours after the examination.

It is always up to one of our radiologists to decide whether a contrast agent is needed. Even if your referring physician requests the administration of a contrast agent, we may not consider it medically necessary and therefore may not use a contrast agent. The need for contrast media must be carefully considered as they can have side effects.

■ Additional information for women

Please inform us before the examination **if you are pregnant or may be pregnant. X-rays can harm the unborn child.** If you are pregnant or pregnancy is suspected, a CT examination must not be performed. Instead, we will check whether the examination can be postponed or replaced by a procedure without X-rays, for example an MRI examination. A CT examination may be performed while breastfeeding. **It is not necessary to stop breastfeeding after the administration of contrast agent.** If you would nevertheless like to take a breastfeeding break at your own request, a break of 24 hours is recommended.

■ Refusal of the examination or the administration of the contrast agent

Refusing a CT scan or contrast agent administration may have **serious health consequences** for you. Therapies/surgeries may not be able to be carried out or may be delayed.

 **I have read and understood the patient information.**



Date



Your Signature



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What symptoms do you have and how long have you had them?	
Your height: cm Your weight: kg	Your email address for future reminders:
Previous x-ray / CT scans?	Yes: ☐ No: ☐ If yes, what, when and where?
Previous nuclear medicine scans (e.g. bone scan, thyroid scan)?	Yes: ☐ No: ☐ If yes, what, when and where?
Previous radiation for cancer or tumours?	Yes: ☐ No: ☐ If yes, what, when and where?
Do you have or have you ever had an infectious disease , e.g. HIV/AIDS, hepatitis, tuberculosis?	Yes: ☐ No: ☐ If yes, what and when?
Do you have a fever at the moment?	Yes: ☐ No: ☐
Do you smoke or have you ever smoked?	Yes: ☐ No: ☐ If yes, how much?
Any known allergies to contrast agent, iodine or other substances/materials? E.g. medicines, plasters?	Yes: ☐ No: ☐ If yes, which ones?
Are you diabetic ? If yes, are you taking metformin-containing medication?	Yes: ☐ No: ☐ Yes: ☐ No: ☐
Do you currently take painkillers such as Voltaren®, Diclo, diclofenac, Ibu®, ibuprofen?	Yes: ☐ No: ☐ If yes, which ones?
Have you had surgery or radiotherapy in the area being examined?	Yes: ☐ No: ☐ If yes, what kind and when?
Do you have any known kidney disease or kidney failure?	Yes: ☐ No: ☐ If yes, what kind?
Have you had a kidney transplant ?	Yes: ☐ No: ☐
Do you have an overactive thyroid? (hyperthyroidism)?	Yes: ☐ No: ☐
Do you have a history of Basedow's or Hashimoto's thyroid disease ?	Yes: ☐ No: ☐ If yes, what kind?
Are you currently taking thyroid medication (e.g. L-Thyrox®, L-Thyroxin, Euthyrox®)?	Yes: ☐ No: ☐ If yes, what type and dosage?
Have you had thyroid surgery ?	Yes: ☐ No: ☐ If yes, why and when?
Name and place of family doctor (if not the referring dr.):	
Additional question for women: Are you or could you be pregnant ?	Yes: ☐ No: ☐ A CT scan is prohibited at any time during pregnancy .

■ Declaration of consent

I agree to the CT examination being carried out and have taken note of the **information on data protection**:



Yes: ☐

No: ☐

I agree to the **administration of a contrast agent** if necessary:



Yes: ☐

No: ☐



Your data is processed on a legal basis or with your consent. Information on the processing of your data in the context of your examination can be found in the patient information on data protection. Additional information on the processing of your data when using our website or when using our digital services (e.g. patient portal to access your examination data) can be found in our privacy policy at www.radiologie-betzdorf.de/datenschutzerklaerung.



Date



Your Signature