

Benefits and risks of the procedure

The doctor in charge of your care knows of these risks and the possible side effects of this procedure.

The added information gained from having the CT simulation scan with IV contrast will be very helpful in planning your radiation treatment for your cancer.

If you have questions or concerns, please speak with a member of your Care Team.

Help is a Phone Call Away

If you are having side effects related to your cancer treatment, please contact:

Symptom Support Telephone Service



**During the day:
Cancer Centre Symptom Support
705-728-9090 x79565**



**Evenings, weekends and holidays:
Bayshore CAREchart 1-877-681-3057**

To cancel or change your appointment, please call 705-728-9090 x43333.

Please visit www.rvh.on.ca for the latest information and hours of operation.



CT Simulation with Intravenous (IV) Contrast

Your radiation oncologist has requested a CT Simulation procedure with an injection of an intravenous (IV) contrast medium. Using IV contrast will make it easier for your doctor to see the cancer and normal organs in your body. This will allow the radiation to be aimed at the treatment area with greater accuracy.

What do I need to do BEFORE my CT simulation with IV contrast?

- Drink 6-8 cups of water or clear fluids the day before the CT simulation, unless you receive other instructions from your radiation oncologist.
- Do not eat any solid food 4 hrs before your appointment.
- Do not drink any fluids 1 hour before your appointment.
- Bring a list of medications that you are currently taking with you to your CT simulation appointment.
- Bring someone with you to the appointment. If you do experience any side effects, you may need someone with you to drive you home afterwards.

Let a member of your Care Team know **BEFORE** your CT simulation **if you have any allergies or have had a previous allergic reaction to contrast medium.**



What can I expect DURING my CT simulation with IV contrast?

As the contrast medium is injected into your arm, you may notice any of the following:

- A metal-like taste in your mouth
- A warm sensation throughout your body

These are completely normal sensations, and should pass quickly. If you feel anything unusual, please let a member of your Care Team know immediately. After the scan is complete, you will need to stay in the waiting area for at least 15 minutes. We want to make sure you are feeling fine before you leave the Cancer Centre.

What do I need to do AFTER my CT simulation with IV contrast?

- Eat normally.
- Drink 6-8 cups of water or clear fluids each day in the 3 days after your CT simulation, unless you receive other instructions from your radiation oncologist.
- Check your injection site for swelling or bleeding. If it remains dry, you may remove the bandage after 2 hrs, unless you receive other instructions from your Care Team.

If you experience any **swelling, redness or pain at the injection site**, please call the Symptom Support Telephone Service (see back of pamphlet for details).



What do I need to do if I have diabetes?

Do not take metformin on the day of the procedure.

Blood work should be done 2 days after the procedure; you should have received a requisition from your Radiation Oncologist. **Do not restart metformin until you've been notified by your Care Team.** We need to make sure that your blood work results are at a safe level after the IV contrast procedure before you restart metformin.

What are the risks involved with this procedure?

Most people have the IV contrast procedure without any side effects. Mild reactions to the contrast medium have occurred in less than 3.5% of patients. These reactions may include:

- Taste changes; usually a metal-like taste in your mouth
- Nausea
- Vertigo (dizziness)
- Headache
- Rash
- Itching
- Chest pain

These reactions are usually short-lived and will resolve without treatment. We can also give you medication to treat these side effects if needed.

In less than 1% of patients (that's less than 1 in a 100 people), more severe reactions can occur.

People who have allergies, asthma, heart trouble, kidney disease or who have had a previous reaction to contrast medium are more likely to have side effects.

Your radiation oncologist may prescribe you medications to take before your CT simulation to reduce the risk of these side effects.