

## What is a Computed Tomography (CT) Scan?

A CT is an effective way of scanning the body to detect the presence or absence of disease. During the exam, a thin beam of x-rays completely surround the body, capturing a 360° view of the area being examined.

CT can distinguish between normal and diseased or injured tissue based on changes in size, shape and appearance of the tissue. CT is used to evaluate a wide variety of problems and diseases such as injury, cardiovascular disease, infectious disease, inflammation and cancer. Early diagnosis using CT scans can result in more successful treatment.

CT is one of the most versatile and powerful diagnostic imaging modalities available today. Austin Radiological Association has multi-detector CT (MDCT) scanners at all of its facilities that offer CT. MDCT produces faster, higher-quality images with minimal radiation exposure and greater comfort for the patient.

CT scans do involve exposure to radiation (x-rays). ARA strives to minimize risk by lowering exposure as much as possible while maintaining excellent imaging quality. Research has consistently shown that potential detrimental outcomes are related to the undiagnosed or underlying medical condition that CT will detect rather than from the minimal radiation exposure of CT.

### ARA CONVENIENCE

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- ★ Locations offering CT

## Computed Tomography (CT)

Everything you need to know



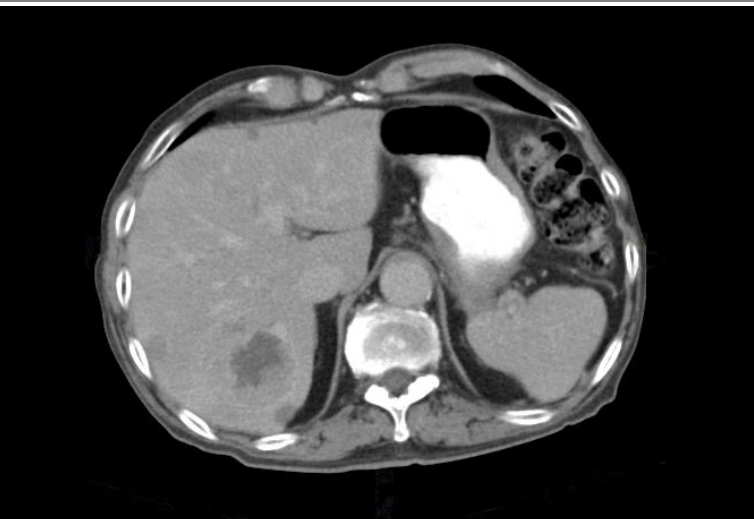
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### What is it like to get a CT exam?

The CT scan itself is totally painless. Some CT scans require the use of a contrast to assist in highlighting certain body tissues and structures. The contrast is administered orally or intravenously based on the specific type of exam.

The CT scanner features a large ring that your body slowly passes through on a movable table during which you may hear a “whirring” or spinning sound. The x-ray tube and other components spin inside the scanner housing, creating a series of cross-sectional images of your body.

CT scans typically take between 5 to 15 minutes. It is important to relax and remain still during this process. After the exam is completed you will be able to resume all normal activities.

### When is a CT recommended?

CT exams are generally recommended to:

- Diagnose conditions including damage to bones, injuries to internal organs, problems with blood flow, strokes and cancer.

ARA's low-dose CT scanners allow for up to 60% reduction in radiation dose with improved image quality.

- Guide further tests or treatment. For example, to determine the location, size and shape of a tumor before starting treatment, or to assist a radiologist in getting a biopsy or drain an abscess.
- Monitor conditions including checking the size of tumors during and after cancer treatments.

### Is it safe?

The x-rays used for CT exams deliver small doses of radiation. Millions of CT exams are done annually because the small amount of radiation outweighs the potential of finding disease or injury in the body.

### What should I do to prepare for the CT scan?

Some CT scans require the use of contrast to assist in highlighting certain body tissues or structures. The contrast is administered orally or intravenously, depending on the exam. At the time of scheduling, the scheduler will inform you if you are likely to need contrast for the examination. Please let your doctor and the scheduler know if you have had a prior reaction to any contrast agent. If intravenous contrast is used, the scheduler might ask you not to eat for four hours prior to your exam. You may take all of your normal medications with clear fluids.

When arranging for a CT scan, you will be asked about medications you are on, if you are pregnant, or if you have allergies or kidney problems.

### When will I get results of my CT scan?

One of our board-certified radiologists will interpret your CT scan and send a signed report to your physician, usually within the same day. You will receive your examination results from your physician because they are familiar with your medical history.

### What is CT angiography (CTA)?

CT angiography (CTA) is a CT scan that uses intravenous contrast to visualize blood vessels throughout the body. Compared to catheter angiography, CTA is less invasive, less time consuming and provides additional diagnostic information.

To schedule an exam  
or for further questions, please visit  
[www.ausrad.com](http://www.ausrad.com) or call (512) 453-6100.

