



Preparing for your CT Scan

Information for People with Diabetes

Information if you are required to receive IV contrast for your scan and are taking the diabetes medication **Metformin** (Glucophage). The following are combination drugs that are also used and contain Metformin: **Janumet** (sitagliptin + Metformin), **Kombiglyze** (saxagliptin + Metformin) and **Duetact** (pioglitazone + Metformin).

The contrast agent (x-ray dye) you received today can, in rare instances, interact with this medication and affect the function of your kidneys.

For this reason, please take the following steps:

1. **DO NOT TAKE** above medications for the rest of today and the rest of tomorrow.
2. Contact your doctor today who sent you in for this test to inform them that you have stopped your medication and that you will need a blood test in 2 days to check your kidney function. Your doctor may need to prescribe another medication during this time to help control your blood sugars while you are not taking Metformin.
3. Arrange your blood test in 2 days. Check with your doctor that your kidney function is normal before restarting your Metformin.
4. If you feel unwell at any time, contact your doctor or visit your nearest emergency department.

Look for the onset of the following; **sudden unexplained weight gain, sudden or decreased urine output, or swelling in ankles**, and report them immediately to your doctor or visit the nearest Emergency Department.

For scans that include the stomach and intestines, you may be asked to fast for a period of time and/or arrive early to drink an oral contrast agent called iodine, which helps the radiologist interpret the scan.

The iodine is mixed with fluid, which you are required to drink. Depending on the individual, you may have to ingest either 900ml or 1200ml of fluid mixed with the iodine.

* Water: contains no carbohydrate. You do not have to worry about this drink affecting your blood sugars.

* G2 (Gatorade): if you are using G2 as your fluid, you should be aware that this will contain some carbohydrate.

⇒ 900 ml of G2 (Gatorade) mixed with iodine will provide approximately **18 g of carbohydrate** (Please note sucralose is used as the sweetener).

⇒ 1200 ml of G2 (Gatorade) mixed with iodine will provide approximately **24 g of carbohydrate**.

*Please note that if you are only required to use the oral drink for your scan, you do not need to stop any of your diabetes related medications following your test.

*If you are receiving an IV contrast, see reverse side.

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