



Suggested CT Ordering Guidelines

- Patients <65 years old; no history of diabetes or renal disease- NO LAB NEEDED.
- All other patients require a serum creatinine/eGFR less than 30 days old. We will provide in-house testing for the serum creatinine/eGFR.
- At the current time, there is very little evidence that IV iodinated contrast material is an independent risk factor for acute renal insufficiency (CIN), and even less so in patients with eGFR ≥ 30 mL/min.
- The above cutoff is not applicable for end stage renal failure patients on hemodialysis; contrast may be given to patients undergoing long-term dialysis with a clinical indication since the kidneys have already failed. If contrast is warranted for end stage renal failure, patients would need dialysis the **same day**.
- Allergic reactions to iodinated contrast are not common and are generally mild. If allergic reactions have occurred in the past, please let us know and the patient should be given a prescription steroid. We recommend Methylprednisolone (Medrol) 32mg taken the night before and 2 hours before their exam. Patients with a past history of Anaphylaxis or Laryngeal Edema should consider a hospital-based exam.

IV Contrast Usage

Intravenous Iodinated Contrast Agents are used in CT for many types of exams and with proper patient selection are safe. IV contrast may be contraindicated if the patient has renal insufficiency due to worsening of renal impairment. We have the capability to test renal function (serum creatinine) in all of our CMI CT locations prior to the exam, additional lab testing by your office prior to the patient's exam is not necessary.

Commonly Ordered CT Exams

Brain

- Head Trauma-headache, dementia, suspected CVA- without contrast only
- Cancer Staging, seizure, meningitis, infection- without and with contrast

Sinus/Orbits

- Screening for sinus disease or trauma- without contrast only
- Orbital mass or infection- without and with contrast

Soft Tissue Neck

- Salivary Stones- without contrast
- For mass, cancer follow-up or dysphagia- with contrast only

Chest

- Lung or mediastinal mass (new diagnosis)- with contrast only
- Lung nodule follow-up- without contrast only
- Chest pain/Rule out PE- CT Angio chest with contrast



- Chest for aortic dissection- CT Angio chest without and with contrast
- COPD/Interstitial Lung Disease/Occupational lung disease/bronchitis- high resolution CT chest without only

Abdomen or Pelvis

- Note: Abdomen only CT orders do not include the Pelvis; for patients suspected of having appendicitis/kidney stones/diverticulitis/lower abdominal or pelvic pain please order both CT abdomen and CT pelvis.

Abdomen

- Abnormal liver function or suspected benign liver mass- “3 phase liver” without and with contrast
- Elevated amylase/lipase/suspected pancreatic disease- “3 phase pancreas” without and with contrast

Abdomen and Pelvis

- Cancer staging and restaging- with contrast abdomen and pelvis
- Adrenal Mass- without contrast
(MR without and with contrast is recommended for additional imaging following a indeterminate CT)
- For suspected obstructing renal stone (painful hematuria)- order “stone protocol” without contrast only
- For painless hematuria- order “urogram protocol” without and with contrast
- Suspected appendicitis- Rad Discretion to protocol contrast
- Suspected hernia- without contrast
- Gynecologic disease- with contrast only

Spine

- Note: MR is often preferred but CT is valuable when additional information is needed or if MR is contraindicated or not allowed by insurance order “CT with 3D Recons” of the specific part of the spine you would like imaged without contrast.

Extremity

- For a joint for fracture of lytic bone lesion- order “CT with 3D recons” without contrast
- For a joint or internal derangement or evaluation of pain- MR is preferred but if MR is contraindicated or not allowed by insurance and exam is looking for internal derangement in the knee, shoulder, elbow, wrist, hip, or ankle,--order “CT with 3D recons” for evaluation of joint space, cartilage and ligaments
- Rotator cuff tear- Arthrogram CT or Fluoro guided- Order “MRI Arthrography”
- Palpable Mass- Note: MR is generally preferred