

CT POLICY & PROCEDURE

Effective Date: <p style="text-align: center;">April 2021</p> <p>*Revised June 2021</p>	Title: <p style="text-align: center;">CT Oral Contrast Protocol – Emergency Patient</p>
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This procedure may be used for appendicitis, diverticulitis, and generalized abdominal pain.

- Patients need to be screened for IV contrast allergies before administering iodinated oral or IV contrast agent. **Patients with prior iodinated contrast allergy should not receive iodinated oral contrast agent due to potential risk of systemic reaction. As a substitute, Redicat or other barium based oral contrast agent may be given if available.**

- Oral contrast may be prepared and given as defined by regular department protocol. This is typically institution specific iodinated oral contrast agent mixed with Miralax or equivalent.
 - 2-16oz cups should be prepared without ice.
 - Drink 1 cup every 30 minutes (at 0 minutes and 30 minutes).
 - Patient will be scanned at 60 minutes after starting contrast.

- ★ **Patients with history of gastric bypass or other bariatric surgery can be scanned shortly after drinking contrast and do not need to wait.**

- Patients presenting with the following symptoms will not receive oral contrast. They will still be given IV contrast during the CT.
 - High grade small bowel obstruction
 - Intractable vomiting
 - Risk for aspiration or airway compromise
 - Critical Illness
 - Clinical signs of peritonitis

- No oral contrast is required for Emergency Department patients for the evaluation of abdominal pain except for the following:
 - Patients under 18 years of age
 - Patients age 18-30 with BMI < 25
 - Patients age 18-30 with BMI >25 with more lean, athletic build (at discretion of ED provider)
 - Patients over age 30 with the any of the following medical conditions:
 - ◆ History of bariatric surgery
 - ◆ Recent abdominal surgery within last 2 weeks
 - ◆ History of known inflammatory bowel disease (Crohn's or Ulcerative Colitis)
 - ◆ Recent hx of known or active intra-abdominal primary malignancy or metastatic disease
 - ◆ Concern for low or partial small bowel obstruction.

- Any request to variate from the list above can be determined by the ordering provider and the radiologist on a case by case basis.**

- ★ Patient may take regular medications.

- ★ Use alternate oral contrast protocol for patients 80yo or older, patients with significant mobility problems and patients with severe diarrhea:
 - Mix 3- 12oz glasses of water with 1 pack of crystal light (or equivalent) in each glass.
 - Add 15cc of Ominpaque 240 (or equivalent) to each glass. May add ice if to each glass after all components added
 - Patient to consume over 60 minutes. Scan patient 60 minutes after oral contrast completely consumed.

- ★ Patients with a known or suspected GI Bleed should be discussed with a radiologist as consideration for a Nuclear Medicine GI Bleed study may be more appropriate. If continuation of CT study is recommended, either barium and/or GoLyteLy may be used.