PATIENT PREDNISONE PREP INSTRUCTIONS

You are being asked to take the medicine called Prednisone to get ready for your Computerized Tomography (CT) scan. This medicine helps lower the chance of allergic reactions to the contrast (dye) that is given intravenously (IV) during the CT scan.

1. **For questions you may** call your local doctor at ________________ or contact the Duke Radiology Department:
   
   **Nurse:** (919) 684-7328  
   **Doctor:** (919) 684-7224

2. **How to prepare for the CT Scan**
   
   - The doctor may decide to give you an antihistamine, Benadryl™, if you have a “breakthrough allergic reaction” even after taking Prednisone. Benadryl™, also known as Diphenhydramine, can have the possible side effect of sleepiness, making it dangerous to drive a car.
   
   - On the day of your CT scan, a **driver will be needed** to bring you to and from your appointment.
   
   - You may be **asked** to wait in the radiology department for 30-60 minutes after the CT scan to watch for an **allergic reaction**.
   
   - We ask that you bring a list of all of your medications (including those prescribed by your doctors, vitamins, herbals, supplements, and any other over-the-counter remedies) to your appointment.

3. **When to take prednisone before the CT scan?**

   You will take (3) **50mg doses** of prednisone by mouth **before** your appointment.
   
   - **First** 50 mg dose of prednisone should be taken **13 hours** before your scheduled CT scan appointment.
   
   - **Second** 50 mg dose of prednisone should be taken **7 hours** before your scheduled CT scan appointment.
   
   - Third 50 mg dose of prednisone should be taken **1 hour** before your scheduled CT scan appointment.

<table>
<thead>
<tr>
<th>Take your prednisone (3) 50 mg tablets as shown below. Please take each dose with a glass of water and with food.</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your CT is scheduled on</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Take your 1st dose of prednisone 50 mg at:</td>
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<td></td>
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<tr>
<td>Take your 2nd dose of prednisone 50 mg at:</td>
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<td></td>
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<tr>
<td>Take your 3rd dose of prednisone 50 mg at:</td>
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