



CT CHEST WITHOUT CONTRAST – LUNG CANCER SCREENING

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic
1230 East Main Street, Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Diagnostic Imaging Department.

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

What is a CT Chest without Contrast – lung cancer screening:

This is a specialized low radiation CT to screen for early-stage lung cancer, before you have any symptoms. Studies have determined this is cost effective and may save your life if you are a current or former smoker, between the ages of 54-77 years and have a smoking history of at least 30 pack-years (1 pack/day for 30 years, 2 packs/day for 15 years, etc.). Chest x-rays are not recommended for lung cancer screening. Therefore, Medicare and most insurance companies have agreed to pay for this test once per year if you meet the requirements. We do recommend checking with your specific insurance carrier. You may also pay for this test out of pocket which will require you to sign a waiver explaining the cost of study you would be responsible for.

How do I prepare for the test:

- There are no dietary restrictions for this test.
- Continue to take your normal medications.
- If you wear a glucose monitor, you will be required to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their imaging appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.

What will happen during the test:

- The CT scanner is a large machine that is shaped like a donut.
- You will be asked to undress and a gown will be provided.
- You will be asked to remove any jewelry and/or piercings from this area.
- You will be asked to lie on your back on the scanning table and your arms will be placed above your head.
- Your test will take approximately 20 minutes once in the scan room.

Instructions for after your test:

- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.
- A **negative result** means there were no abnormal findings at this time on your test. It does not mean you absolutely do not have lung cancer, or that you will never get lung cancer. Your provider will discuss if and when you should be tested again.
- A **positive result** does not automatically mean that you have lung cancer. It may mean that further testing is needed, and your provider would discuss this with you.