

Home Instructions– Oral Hydration

Today, you had a CT scan with IV (intravenous) contrast. Your kidneys will clear the contrast from your body, usually within 24 hours.

In order to make sure your kidneys continue to work properly, it is important to drink extra fluids.

- ☐ **We recommend drinking at least 12 ounces (1.5 cups) of fluid every 2 hours for the next 24 hours.**
- ☐ Water is the best fluid to drink, but any caffeine-free beverage(s) is okay.
- ☐ Milk or any other dairy beverage is not recommended, because it is cleared from your body by your GI tract.
