

Insurance Plans

What is a CT?

The CT scan, or Computed Tomography scan, is an advanced diagnostic test that uses X-rays, a special scanner and a computer to produce detailed images of a specific area of your body. These images, when studied in sequence, can give your provider a 2-D view of your body.

How does a CT work?

The scanner is made up of a ring containing an X-ray tube and receptors. The part of your body your provider wants the radiologist to see will be placed within the ring and the X-ray tube rotates around you. With each rotation, the tube sends X-rays and the receptors measure the amount of X-rays absorbed. The computer then transforms these measurements into a visual image. This image is viewed on a computer screen during the exam and later converted to digital media for the radiologist and your provider to study.

How to prepare for your CT

Different types of CT exams have different preparation instructions. Your provider and/or our imaging center will provide you with specific instructions for your particular exam prior to your appointment. For any type of CT exam please remember to:

- Wear comfortable, loose-fitting clothing. If needed we will provide you with a hospital gown or scrubs to change into for your exam.
- Tell your provider and the technologist if you are allergic to or have ever had a reaction to iodine contrast material.
- Tell your provider and technologist about any medications you are taking.
- Tell your provider and technologist if you are pregnant, think you might be, or are breast-feeding.
- You may be asked to remove any hairpins or jewelry that may interfere with your CT exam.

- Aetna
- Amerigroup/Apple Health-Medicaid
- CHPW/Apple Health-Medicaid
- CIGNA
- Citrine (Breast and Cervical Health)
- Coordinated Care/Apple Health-Medicaid
- Crime Victims
- DSHS-Provider One
- First Choice Health Network
- First Health/Coventry
- Kaiser Health Plan (Commercial/Medicare Advantage)
- Medicare
- PHCS/MultiPlan
- Premera
- Regence
- Regence Medicare Advantage
- Tricare-HealthNet
- United Healthcare Commercial Plans
- United Healthcare Medicare Advantage (Medical Center only)
- USFHP
- Worker's Compensation

*Is your plan not on the list? This doesn't mean that WhidbeyHealth does not accept your insurance. Please contact our Insurance Advocates at 360.678.7656 ext. 4103 to see if we are considered an in-network provider for you. You may also contact your insurance company directly to see if you need a referral. Deductibles and coinsurance may be higher for out-of-network insurance.
(For exams performed at partner hospitals call RADIA at 888.927.8023.)*

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Coupeville, WA 98239
Central Scheduling Services 360.678.7607



WhidbeyHealth



Information About Your CT Exam

What can I expect on the day of my exam?

After you check in at the front desk, the technologist will talk with you prior to your exam and ask you questions about your overall health history, current medications and prior imaging studies. The technologist will then position you on the CT table, ensuring you are as comfortable as possible. You will be able to communicate with the technologist during the entire exam through a patient intercom system.

You will need to remain as relaxed and still as possible during your exam to make sure the technologist is able to get the clearest images possible. You may also be asked to hold your breath for short periods of time as images are acquired. The radiologist will review your exam and the results will be sent to your provider for review.

Information on contrast used in CT Exams

Some CT exams require a contrast agent to be given to the patient before the exam begins. A contrast agent is used to emphasize specific parts of the body such as vessels, organs and tissues, so they are easier for the radiologist to see. There are different types of contrast agents which, depending on the type of exam, may be injected intravenously, delivered rectally, or you may be asked to take it orally over a period of time. At WhidbeyHealth, contrast is used in two different ways:



Enteric Contrast

The enteric contrast WhidbeyHealth provides is taken either orally or rectally, depending on the exam. If your exam requires enteric contrast, you will be given specific instructions as to when you will need to arrive at WhidbeyHealth and how to prepare for taking the contrast.

IV Contrast

The IV contrast WhidbeyHealth uses is an iodine-based agent. The most common effects of IV contrast include a “warm, tingly feeling” and a metallic taste in the back of the mouth. Both of these are normal responses to the contrast agent. Iodine is considered to be safe delivered intravenously, but some people experience an allergic reaction to the material. If you have experienced an allergic reaction to IV contrast in the past please notify your physician so alternatives can be discussed. If your exam requires iodinated IV contrast, you will be asked to sign a consent form which explains the need for contrast, the techniques, the alternatives, and the risks. If you have specific questions concerning contrast, please contact WhidbeyHealth Diagnostic Imaging and ask to speak to a CT technologist.

Imaging Safely

Everyone on Earth is exposed to radiation from natural sources continually. The effect of this natural radiation is called the “background dose” and is experienced on a daily basis through normal day-to-day activities. When a patient undergoes an exam that uses X-rays to form the image, such as a CT exam or an X-ray, an additional amount of radiation exposure occurs.

WhidbeyHealth’s first concern is always for the safety of the patient. One of the most important ways we ensure patient safety is by reducing radiation dose wherever possible. To this end, our radiologists have developed a set of standard low-dose CT protocols that have been implemented in each of our outpatient facilities, allowing our technologists to take high-quality CT images with the lowest possible radiation exposure.

In addition, all WhidbeyHealth facilities are accredited by the American College of Radiology (ACR) and each of our technologists is registered with the American Registry of Radiologic Technologists in addition to carrying advanced registries in CT. We follow the recommended ALARA (as low as reasonably achievable) dosing guidelines and use “Image Gently” practices on our pediatric patients. WhidbeyHealth has continued to be at the forefront of safe imaging and we have the years of experience and expertise to ensure that our CT exams are routinely being performed using the lowest radiation dose possible.

Imaging exams using X-rays are powerful tools for diagnosing many types of illnesses, and although there is always some risk involved, the official opinion of the FDA is that “the individual risk from the radiation associated with a CT scan is quite small compared to the benefits that accurate diagnosis and treatment can provide.”*

*For more general information on radiation safety, please visit the American College of Radiology website at www.acr.org.

