

Abdomen Computed Tomography (CT) and Abdomen/Pelvis CT



Test Request Tip Sheet

- Abdomen and abdomen/pelvis CTs deliver a high-radiation dose; performing them with and without contrast delivers roughly double the dose.
- Alternative studies, such as ultrasound, are frequently indicated prior to CTs and must be documented in the clinical information accompanying the imaging request.
- Ultrasound should always be considered as the first imaging study in the evaluation of abdominal complaints in children.
- Laboratory work that will assist in the diagnosis of inflammatory conditions such as appendicitis should be completed and documented in the clinical record before the CT request is made.
- Choosing Wisely® recommendations are followed for functional abdominal pain and pediatric abdominal pain/suspected appendicitis.

For more information, visit www.RadMD.com or call **1-888-864-7237**. You can also contact your AmeriHealth Caritas Iowa Provider Network Account Executive or Provider Services at **1-844-411-0579**.

Choosing Wisely recommendations

As part of Choosing Wisely, each participating specialty society has created lists of “Things Physicians and Patients Should Question” that provide specific, evidence-based recommendations to help physicians and patients make wise decisions about the most appropriate care based on their individual situation. The items below represent the recommendations associated with abdomen and abdomen/pelvis CT.

- **CT scans should not be repeated for patients with functional abdominal pain syndrome (per ROME III criteria) unless there is a major change in clinical findings or symptoms.**

American Gastroenterological Society

Pediatric considerations from Choosing Wisely:

- **CT scans are not necessary in the routine evaluation of abdominal pain.**
- American Academy of Pediatrics*
- **Don't perform CT scans for the evaluation of suspected appendicitis in children unless ultrasound has been considered first.**

American College of Radiology and American College of Surgeons

Radiation exposure

Abdomen CT: 8

**Abdomen/pelvis CT:
14 mSv**

Radiation exposure should be limited when possible.

With and without contrast doubles the radiation dose.

Choosing Wisely® is an initiative of the American Board of Internal Medicine (ABIM) Foundation to help physicians and patients engage in conversations about the overuse of tests and procedures and support physician efforts to help patients make smart and effective care choices. Recognizing the importance of physicians and patients working together, leading specialty societies, along with Consumer Reports, have joined Choosing Wisely to help improve the quality and safety of health care in America.