

**Brigham and Women's Hospital  
Department of Radiology  
Contrast Media Adverse Reaction  
Home Care Instructions**

Contrast Media: \_\_\_\_\_

☐ Iodinated Contrast Media (X-ray dye)   ☐ Gadolinium-based Contrast Media (MRI dye)

Dear patient,

1. Drink extra fluids today (six to eight glasses of water) which will help flush the contrast media from your system. You may resume your normal diet. Avoid alcoholic beverages for 24 hours.
2. Observe your skin for the development of new hives.
3. Observe for difficulty breathing, shortness of breath or chest tightness.
4. If you develop any of these symptoms, go to the closest emergency department immediately.
5. If any problems or questions develop after you go home, call your physician or the radiology department at 617- \_\_\_\_\_ - \_\_\_\_\_
6. I have been given Instructions for Pre-Treatment of patients with a History of Prior Contrast Reactions. Please do not undergo further imaging procedures with the above noted contrast media without following pretreatment instructions provided by Radiology or [Allergy and Clinical Immunology Service](#).
7. I have been given a "Contrast Allergy" wallet card. I understand that I should keep this card with my other medical information and that I should present this to the Radiologist before I undergo further X-Rays studies in which I will be administered contrast medium.
8. ☐ Not applicable   ☐ Applicable  
You experienced an adverse reaction today to the above noted contrast media. Please make an appointment with Allergy and Clinical Immunology for a "new consult appointment". Please call 617-732-9850 to make your appointment.

These instructions have been explained to the patient. The patient or person responsible for the patient states their understanding of these instructions.

\_\_\_\_\_  
Patient's Signature

Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM/PM   \_\_\_\_\_  
Signature of the person given instructions