

# Sinus Computed Tomography (CT)

## Test Request Tip Sheet



- The primary use of sinus CT scans is to aid in management of chronic sinusitis.
  - Sinus CT for sinusitis is appropriate only after completion of a trial of observation to rule out the most common cause, viral rhinosinusitis.
  - This must be followed by a trial of medical management (i.e., antihistamines and antibiotic therapy without significant improvement in signs/symptoms).
- Brain/sinus CT combination studies are rarely indicated since brain CT almost always provides adequate views of the sinuses.
- Choosing Wisely® recommendations are followed for radiographic monitoring of rhinosinusitis, including plain films.

For more information, visit [www.RadMD.com](http://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 sinus CT.

- **Don't order sinus CT or indiscriminately prescribe antibiotics for uncomplicated acute rhinosinusitis.**  
*American Academy of Allergy, Asthma & Immunology*
- **Don't routinely obtain radiographic imaging for patients who meet diagnostic criteria for uncomplicated acute rhinosinusitis. Imaging of the paranasal sinuses, including plain film radiography, CT, and magnetic resonance imaging (MRI) is unnecessary in patients who meet the clinical diagnostic criteria for uncomplicated acute rhinosinusitis.**  
*American Academy of Otolaryngology – Head and Neck Surgery Foundation*

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### Radiation exposure

**Sinus CT: 4 mSv**

**Radiation exposure should be limited when possible.**

**With and without contrast doubles the radiation dose.**

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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.