

GRAPEVINE CARDIOLOGY

CARDIOVASCULAR CT

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♥ *Instructions for CTA Heart* ♥

Prior to examination:

If you are pregnant or could be pregnant, or if you are nursing, be sure to inform your healthcare provider and our schedulers.

If you have any drug allergies or previous history of reaction to I.V. contrast, or any reaction or sensitivity to iodine or allergies or sensitivities to beta-blockers or nitrates, ***please let us know***. If you have any known kidney problems, please let us know.

Do not use Viagra, Cialis, or Levitra at least 48 hours prior to the test.

You will likely be instructed to take extra medications (such as beta-blocker, e.g. Nadolol, Toprol-XL, Metoprolol, Atenolol etc.) to slow the heart rate prior to examination. **If you are not clear, call the CT desk at 817- 481-3100.**

Continue taking medications as prescribed by your physician, unless instructed differently.

Please bring a list of your current medications with dosages on the day of examination

No food 4 hours prior to examination. You may take your medications with water. Please drink at least three 8oz glasses of water a day for three days prior to your exam.

Do not smoke for 24 hours prior to test.

Do not consume any form of caffeine or stimulants (such as tobacco, decongestants, chocolate, cocoa, coffee, tea, Excedrin, etc.) at least 12 hours before the examination.

Patients taking **Metformin or medications containing Metformin (Glucophage, Avandamet, Actos plus Met, etc.) must be off this medication for 48 hours AFTER the test.**

Examination Day:

Ideal clothing would be loose fitting with easy access to your arm. Warm blankets are available if the room is too cool.

CTA scan *of the heart, may* require the removal of chains, necklaces, and any body piercings as well as metal-containing clothing items, such as underwire bras, or metal-containing buttons or snaps. If you do need to remove any clothing, a gown will be provided to you.

Arrive at least 30 minutes early to complete the registration process and appropriate forms, if not already done.

After forms are completed the CT technologist will ask a few verbal questions and an IV catheter will be inserted into a vein in your arm. A simple blood test will be performed on the day of the test, which will allow us to evaluate your kidney function.

You will be positioned on the table and EKG leads will be placed on the chest. The table will be moved into the scanner and the exam will begin. Instruction will be provided regarding how to hold your breath. During the exam the table will move very gently and slowly. You may also be receiving a “squirt” of nitroglycerin under the tongue. The exam takes 10 to 15 minutes.

When completed, the technologist will assist you off the table. The I.V. will be removed once the images are processed and assessed by the cardiologist.

After the Examination:

Once the images are processed, which may take 30 minutes; a cardiologist will discuss the initial results with you. A copy of the finalized CT report will be sent to your healthcare provider(s).

Drink plenty of water for several days after the procedure