



CT: Coronary Angiogram (CCTA)

How to prepare and what to expect:

What is a CTA Coronary artery scan?

A Coronary Angiogram (CCTA) scan is a CT (computed tomography) exam that takes high resolution, 360 degree, images to evaluate cardiac structure and function, including evaluation of the coronary arteries.



It is a non-invasive procedure because we do not have to put anything in your heart. We will inject CT dye into a vein to better evaluate the arteries of your heart.

This is the CT Machine we have at MMPC

PREPARING FOR YOUR EXAM ** PLEASE READ:

- MUST HAVE DRIVER or test will be rescheduled.
- Wear loose, comfortable clothing, and remove any necklace/chest jewelry.
- Continue to take **metoprolol** or **diltiazem** normally.
- Do not take any other heart medications, except metoprolol or diltiazem.
- Do not use phosphodiesterase inhibitors such as Viagra, Levitra, Cialis or any other similar medication 3 days before and 3 days after your exam. If you take these, we will have to reschedule your exam.
- Do not eat any food 4 hours prior to your appointment.
- DO drink plenty of water up until 1-2 hours before exam to help gain IV access.
- Do not drink anything that contains caffeine for 12 hours prior to your exam.
 - Coffee, tea, energy drinks, and caffeinated soda.
- Do Not take energy pills or diet pills the day before.
- No Smoking, vaping or drinking 8 hours before the testing, as it can accelerate your heart rate
- Do not take any inhalers/nasal sprays within 2-3 hours of exam, some may increase heart rate

Process after arrival:

- Check in at suite 102 on the 1st Floor of 111 Maltese Drive.
- You will be given your paperwork (if not already completed) and directed to our Radiology Nurse in Suite 102.
- Our nurse will bring you in, have you change if needed, take an initial set of vitals and confirm your chart information.
- If you have not had blood work within 30 days, you will have blood work drawn before your IV is started.
- Tell our staff if you have ever had any adverse reactions to Metoprolol, diltiazem, nitroglycerin, or if you are allergic to CT IV contrast dye.
- Depending on your heart rate, you may be given a medication called Metoprolol, this will help bring your heart rate down to where we need it for the CTA Coronary scan.
 - The images come out best when your heart rate is around 60 beats per minute.

The Scan:

- We will bring you into our CT room where a CT technologist and our Cardiology NP/PA or RN will be.
- They will have you lay on the CT table and hook up EKG leads to your chest and put a blood pressure cuff on.
 - Your heart is monitored during the scan to watch your heart rate, the scanner will take images in between heart beats to limit the amount of motion on your scan.
- The NP/PA or RN will give you Metoprolol or Diltiazem through your IV to bring your heart rate down, if necessary.
- You will also be given Nitroglycerin.
 - This medication helps dilate your coronary arteries so we can get the best images of your arteries.
- A preliminary CT Calcium Score will be done, this helps us plan the Coronary scan.
- The CT technologist will come in and test your IV with saline using CT dye injector.
- You will then be given breathing instructions
- The contrast will then be started, we monitor the contrast on our machine and the scan will start when the contrast has reached a specific part of your heart.
 - *During the injection you will get a warm, flush feeling, you may get a metal taste in your mouth, and it will make you feel warm in your pelvic area. These are all normal sensations during a CT injection, and they will last about a minute.*
- After the scan is over you will be brought back by the nurse to be monitored and have another set of vitals taken before you leave.

