

## **CORONARY ARTERIES - CT Angiography Cardiac With + Without IV Contrast**

### **IMAGING LOCATIONS**

- 525 East 70th Street, Starr O, New York, NY 10021 (SW Corner of 70th Street & York Ave)
- 2315 Broadway, 4th floor, New York, NY 10024 (Between W 83rd and 84th Street)
- 1283 York Avenue, 7th Floor, New York, NY 10021 (Between 68th and 69th Street)
- 53 Beekman Street, New York, NY 10038 (Between Gold and William Street)

\*Schedule your CT scan at our UWS or Downtown location if you have an irregular heartbeat (atrial fibrillation), history of CABG or coronary stents.

\*Schedule your CT scan at our downtown location if your BMI is > 40.

\*If you have a known history of a contrast reaction, you cannot schedule your appointment at our UWS location.

### **TO RESCHEDULE AN APPOINTMENT 212-746-6000**

**DURATION OF TEST** Varies, approximately 15 - 30 minutes. Please allow an additional hour for exam preparation.

### **PREPARATION**

- Do not take the following medications: Viagra®, Cialis®, Levitra®, or other phosphodiesterase Type 5 Inhibitors 48 hours prior to your exam time. All other medications are okay to take and should be taken at their usual time.
- Do not apply lotions, oils or powders to your chest area as they can interfere with the EKG leads required for imaging.
- Male patients – consider shaving your chest hair before coming to the exam so we may easily place the EKG leads required for imaging.
- You do not need to fast for this exam.

### **BRING THE FOLLOWING WITH YOU THE DAY OF YOUR EXAM**

- A copy of the prescription for your examination if it was given to you
- A list of your current medications
- Your insurance information

### **DAY OF THE EXAM**

- Arrive 1 hour before your schedule time to check-in and get prepped. We will provide the exact time in our confirmation call.
- When you arrive at our office, you will be asked to verify your identification and exam. Patient verification is an important part of your safety and you will be asked to verify this several times during your appointment.
- Our check-in staff will ask you to complete some brief registration forms.
- After you fill out your paperwork, a nurse will check your heart rate and blood pressure. Depending on these numbers, you may be given a medication to safely lower your heart rate.
  - It is important to have a heart rate within range so we can get the best images possible. A nurse will be discussing all of this with you during your confirmation call and on the day of your appointment.
- If you are required to take the heart rate lowering medication, you must wait 45 minutes.
- Once your heart rate is within range, you will change into a gown and the nurse will place an intravenous (IV) catheter. An IV is a thin, flexible plastic tube that allows us to administer contrast dye. We are then ready to proceed with the exam.

### **WHAT SHOULD I EXPECT DURING THE TEST?**

- For the CT scan, you will lie on the scan table on your back with your arms above your head. The scanner is a short tube that has an opening in the middle.
- Before the scan begins, a nurse or CT technologist will place four EKG stickers so we can connect you to a heart monitor.
- The CT scanner uses x-rays to take pictures of your heart. It is similar to a camera so it is very important to lie as still as possible and hold your breath when indicated. You will be asked to hold your breath for ~12 seconds or less. For each breath-hold, we will take a set of pictures. Holding your breath reduces any motion around your heart as we acquire images.
- Before we scan (and as long as your blood pressure is high enough) a nurse will administer nitroglycerin under your tongue to make your heart vessels larger and easier to see. Let the CT nurse or technologist know if you cannot take this medication for any reason.
- We will take 4-5 sets of pictures of your heart. We will give you some contrast through the IV for some of the pictures.
  - Contrast makes you feel warm and flushed during administration. Both sensations are normal.
- Our Cardiac CT physician will review your images to make sure they are of good quality before sending you home.
- A nurse will recheck your vital signs ensuring your heart rate and blood pressure are within normal range. The nurse will remove your IV and go over some brief discharge instructions.

***Our staff is available to address any questions or concerns that you might have before, during, or after your appointment.***

***Please call 212-746-6000 if you wish to speak with us.***