

## **CT Angiography Cardiac With & Without IV Contrast – Coronary Arteries Exam**

**\*When scheduling your exam, it is important to let us know if you have a history of any of the following:**

- Allergy or reaction to dye or CT contrast
- An irregular heartbeat
- Heart rate  $\geq$  100 beats per minute
- History of coronary artery bypass graft surgery
- Systolic blood pressure  $<$  100
- Coronary stents
- Body Mass Index  $\geq$  35
- Pacemaker or defibrillator

**DURATION OF TEST:** Please expect to be at our practice for 1.5 – 2 hours. This includes the exam preparation.

### **PREPARATION**

- Do not take the following medications: Viagra<sup>®</sup>, Cialis<sup>®</sup>, Levitra<sup>®</sup>, or other similar medications **48 hours** prior to your exam time. If you are taking these type of medications for pulmonary hypertension and cannot stop them for this study, please discuss with your doctor and let us know. 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.
- In our confirmation call, we will provide you with your arrival time for the day of the exam.

### **DAY OF THE EXAM**

- When you arrive at our office, our check-in staff will ask you to complete some brief registration forms if you have not already done so online.
- After you fill out your paperwork, a nurse will check your heart rate and blood pressure. Depending on these values, you may be given a medication to safely lower your heart rate. If you are required to take the heart rate lowering medication, you must wait 45 minutes for the medicine to take effect.
- Once your heart rate is within range, you will change into a gown and the nurse will place an intravenous (IV) catheter. We are then ready to proceed with the exam.

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

- Before we scan (and if your blood pressure is within normal limits), a nurse will administer a medication called nitroglycerin. Nitroglycerin comes in tablet form and dissolves quickly under your tongue. It is very short acting (~15 minutes) and will leave your system by the time you leave the practice. Let the CT nurse or technologist know if you cannot take this medication for any reason.
- A nurse or CT technologist will then place four EKG stickers so we can connect you to a heart monitor.
- 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.
- 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.
- We will give you iodinated based contrast through the IV for some of the pictures. Contrast makes you feel warm and flushed during administration. Both sensations are normal.
- You will be monitored throughout the duration of this exam.
- At the end of the test, 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.
- You may resume normal daily activities after your exam, there are no restrictions or limitations after you leave our practice.

***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 (option 1) if you wish to speak with us.***