

## **Patient Information for Cardiac CT**

You will be given essential preparation before your CT scan and will be scanned at.....

Have nothing to eat for 4 hours before your appointment time.

You may drink water during this time but no other drink is permitted.

Do not drink alcohol, tea or coffee or take any strenuous exercise from 8pm the evening before your scan.

Please continue to take your current medications or tablets

If you are taking METFORMIN, please inform the imaging department immediately.

For Cardiac CT investigations, the best images are obtained in patients with a steady pulse rate below 65 beats per minute. You are therefore required to attend a short time before you are scanned. Your referring doctor may have prescribed oral medication to help achieve this.

During the time before the scan your pulse rate will be checked. If it is greater than 65 beats per minute the doctor overseeing the procedure will, in most cases, administer a short acting intravenous medication in order to slow your heart rate in preparation for the scan.

You will be asked to complete a short form asking questions about any previous surgery, current medication and allergies. A small cannula will be placed in a vein in your arm in order to administer an injection of x-ray fluid (contrast medium) during the scan which is necessary to visualise your heart and coronary arteries.

## **Cardiac CT Examination**

A cardiac CT scan is both safe and painless. You will be asked to lie on a couch and ECG electrodes will be placed on your chest so that your heart can be continuously monitored during the scan. This ECG assists in the timing of the scan so there is minimal blurring from the normal movements of your heart. The Radiographer will explain the procedure and you will be asked to practice the breathing technique several times. It is important that you lie very still whilst the scans are being taken so that the images are not blurred.

If you have been given any medication you will be requested to remain in the Imaging Department for 30 minutes after the scan to ensure that there has been no effect. The doctor who has requested the investigation will be responsible for explaining the results of the scan.