

## FAQ's

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### 1. What is IV contrast?

IV contrast is an iodine-based dye that is injected into your vein during your CT scan. It helps differentiate soft tissue and blood vessels, allowing them to be more clearly visible on the scan.

### 2. How long does contrast last?

The infusion of IV contrast causes a warm and flushed feeling throughout the body for approximately 15-30 seconds and then subsides.

### 3. Why does the scan need to be with contrast?

The scan needs to be with contrast so that we can see more clearly inside of the arteries of your heart. Without contrast, the doctors may not be able to see clearly enough and important images can be missed.

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### 4. How long does the scan take?

The CT scan itself takes 5-7 minutes; however, you should expect to be at your appointment for 60-90 minutes as you may be given medications to lower your heart rate prior to your test.

### 5. Why do I need my labs drawn?

You will need to have your kidney function tested with a simple lab draw prior to your appointment. Contrast can be unsafe for people who have lower kidney function. Your doctor will evaluate your kidney function to ensure you are safe to receive contrast.

## SEE A CARDIOLOGIST

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Website: [www.cvisd.com](http://www.cvisd.com)

Phone: (619) 616-2100

**Same-day appointments available!**

## CARDIAC CT ANGIOGRAPHY

### *PATIENT'S GUIDE*

Please scan this code to watch a video with a brief explanation of what to expect during your CCTA.



### **KEARNY MESA**

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[www.Image-One.com](http://www.Image-One.com)

## HOW TO PREPARE FOR THE TEST

### 1. GET LABS DONE IMMEDIATELY

2. Do not take the following medications 48 hours prior to your exam:

**Metformin** or **Metformin** containing products, **Viagra**, **Cialis**, **Tadalafil**, or **Adcirca**

3. Arrive 15 minutes prior to your Cardiac CTA (contrast) appointment. Expect to be here at least one hour for your appointment.

4. Hydrate 2 days prior to your appointment.

5. If you plan on having a meal before your study, please have a light meal minimum 2-3 hours before your scheduled appointment time.

6. No caffeine 12 hours prior to appointment. This includes coffee, tea, soda, chocolate, or decaffeinated beverages.

7. No exercise for a minimum of 4 hours before your appointment time.

8. Wear comfortable clothing. Avoid jewelry and clothing with metal buttons, grommets, or decorations.

LOWEST DOSE OF RADIATION & CONTRAST COMPARED TO ANY OTHER SCANNER

## WHAT HAPPENS DURING THE TEST?

### 1. IV placement:

A small needle (IV) will be placed in your arm to deliver medication during the test if needed.

### 2. Heart rate control:

Your blood pressure and heart rate will be monitored and beta blockers may be given if needed to lower your heart rate for an optimal scan.

### 3. Using the CT scanner:

You'll lie on a bed that slides into the CT Scanner. The actual scan only takes a few seconds, but your total time at the center might be 60-90 minutes for preparation and follow-up.

### 4. Electrodes on your chest:

Sticky patches (called electrodes) will be applied to your chest to monitor your heartbeat during the test.

### 5. Stay still:

You'll be asked to hold your breath for a few seconds (less than 15 seconds at a time) while the machine captures images. It's important to stay completely still to get clear pictures.

### 6. Contrast dye:

During the scan, a special dye may be injected through the IV. This might cause a brief warm sensation that usually goes away quickly.

## WHY SHOULD YOU HAVE A CCTA?

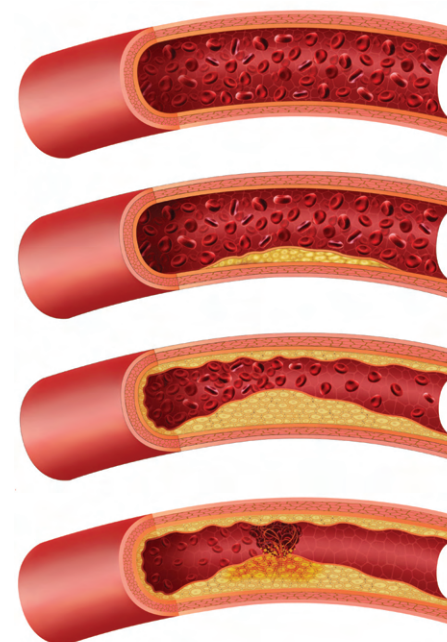
1. To catch early-stage plaque that might not yet be causing problems.

2. To find out if blockages or plaque are causing your symptoms.

3. To examine your heart valves and prepare for procedures like valve replacement or ablation therapy.

4. To evaluate your heart after a stent placement, bypass surgery, or to clarify results from other heart tests.

### Healthy Artery



### Blocked Artery