



Blackrock Clinic

CARDIAC CT SCANS



Information for Patients on Cardiac CT Scans

Welcome to Blackrock Clinic
Accredited by Joint Commission International

Your Cardiac CT Visit

PROCEDURE CODE: 6222

Patient Name

Appointment Date ___ / ___ / ___

Please arrive to the Radiology Department at _____

**Please allow up to 2.5 hours in the Department
for your Cardiac CT Scan**

Please inform us if any of the following applies to you on

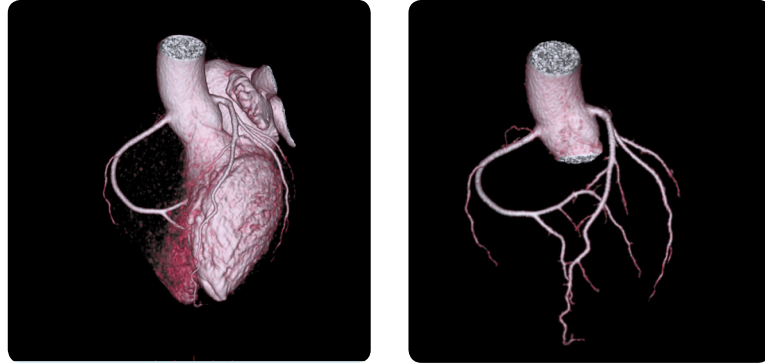
FreeFone 1800 300 200

- **Asthma or any known allergies you may have**
- **The possibility of pregnancy**
- **Previous allergic reaction to x-ray contrast (dye)**

If you need to contact the department regarding your scan
at the weekend please use the following number

Your appointment is for **Cardiac CT / Calcium Score**.

Please see the highlighted section. This is relevant to your scan.



What is a CT Cardiac Scan?

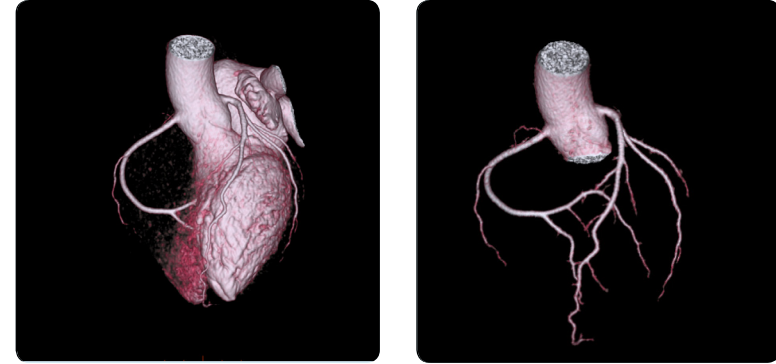
A CT Cardiac is a scan of the heart and its blood vessels (coronary arteries) using a CT scanner. A CT scanner looks like a giant polo mint/ring doughnut, not to be confused with the MRI Scanner which is more tunnel like. A CT scanner uses x-rays (radiation) to produce the scan, providing very detailed images.

These images can detect early signs of heart disease (otherwise known as Coronary Heart Disease) well before any symptoms develop. In turn this early detection can help doctors manage, stabilise and/or eliminate the causes, helping save lives.

What is Coronary Artery Disease?

Coronary Artery Disease is caused by atherosclerosis (hardening of the arteries) with cholesterol build-up and calcification (calcium build up) of the coronary arteries.

The cardiac CT scan can detect the presence of calcium at a very early stage even before any significant blockage has developed and potentially years before a standard health screening or exercise ECG would detect the disease.



What Does The Procedure Entail?

There are two stages to a CT Cardiac Scan ...

Stage 1

A Calcium Score - to detect calcium deposits within the coronary arteries.

Stage 2

A CT coronary angiogram scan - demonstrates the anatomy/any pathology of the coronary arteries. An injection of dye (contrast) through a vein in your arm, is required for this part of scan allowing the heart and blood vessels to be visualised clearly.

Sometimes the calcium score scan is carried out without the coronary angiogram scan. In this case no injection of dye is required for your scan.

Please see the Calcium Score Scan Section on patient preparation and scan involvement.

Preparation for your CT Cardiac Scan

(Calcium score and CT Coronary Angiogram)

Before your scan please follow the instructions below

- Please fast for at least 4 hours prior to your scan.
- Sips of water may be taken.
- No smoking 2 hours before the scan.
- No vigorous exercise 4 hours before the scan
- Avoid tea and coffee for 12 hours before the scan

For the scan your heart rate needs to be at a certain rate to ensure a diagnostic scan. Medication may need to be given at your appointment if your heart rate is not at the required rate. This will be in the form of a tablet known as a Beta-blocker. A radiographer will carry out pre scan checks which will decipher this.

If this medication is given you are advised not to drive for 4-6 hours after your scan, therefore please make sure suitable arrangements have been made for your journey home, i.e.: public transport/taxi/a lift.

What does the Scan involve?

- For the scan you will be asked to change into a gown, removing only the top half of your clothing. The gown will be open to the front as we need to put ECG monitoring on your chest during the scan. You will also be asked to remove your watch and any neck jewellery.
- You will now lie on your back, on the scan table with your head on a pillow.
- A cannula (drip line) will be inserted into a vein in your arm. This will be used for the injection of x-ray dye during the scan.
- You will then be asked to place your arms up by your head on the pillow.
- The ECG monitoring will now be placed on your chest. This will display your heart rate through out the scan.
- Breathing instructions will be given during the scan and it is very important these are followed. The instructions will be 'breathe in and hold your breath' followed by 'breathe away'. You will be asked these breathing instructions approximately 5-6 times during the scan.
- A radiographer will inform you when the injection of x-ray dye is starting. You may experience a hot flush, metallic taste in your mouth and a realistic sensation of passing urine during this time.



After the Scan

- The ECG monitoring and cannula will be removed and you will be asked to change back into your clothes.
- If you have had a beta-blocker you will be asked to remain in the department for approximately 20 mins after your scan.
- You may eat/drink again as normal.
- You will be advised to drink plenty of water in the 48 hours following your scan to flush the injection of dye from your body.

Preparation for your CT Calcium Score

There is no preparation for a CT Calcium Score

During your appointment you will be asked to change into a gown, removing only the top half of your cloth rig. The gown will be open to the front as we need to put ECG monitoring on your chest during the scan. You will also be asked to remove your watch and any neck jewellery.

- For the scan you will lie on your back on the scan table with your head on a pillow.
- You will then be asked to place your arms up by your head on the pillow.
- The ECG monitoring will now be placed on your chest. This will display your heart rate throughout the scan.
- Breathing instructions will be given during the scan and it is very important these are followed. The instructions will be 'breathe in and hold your breath' followed by 'breathe away'. You will be asked these breathing instructions approximately 5-6 times during the scan.

You may leave the hospital straight after your scan and the results will be with the referring doctor in 2-3 days following the scan.



Appointments

You can make an appointment
by contacting the department directly on:

1800 300 200

You will require a referral letter from your GP or Consultant.

For more information why not log on to our website

www.blackrock-clinic.com

*Peace of mind
is an important
component of healing*



Blackrock Clinic

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