

VALLEY DIAGNOSTIC IMAGING SERVICES

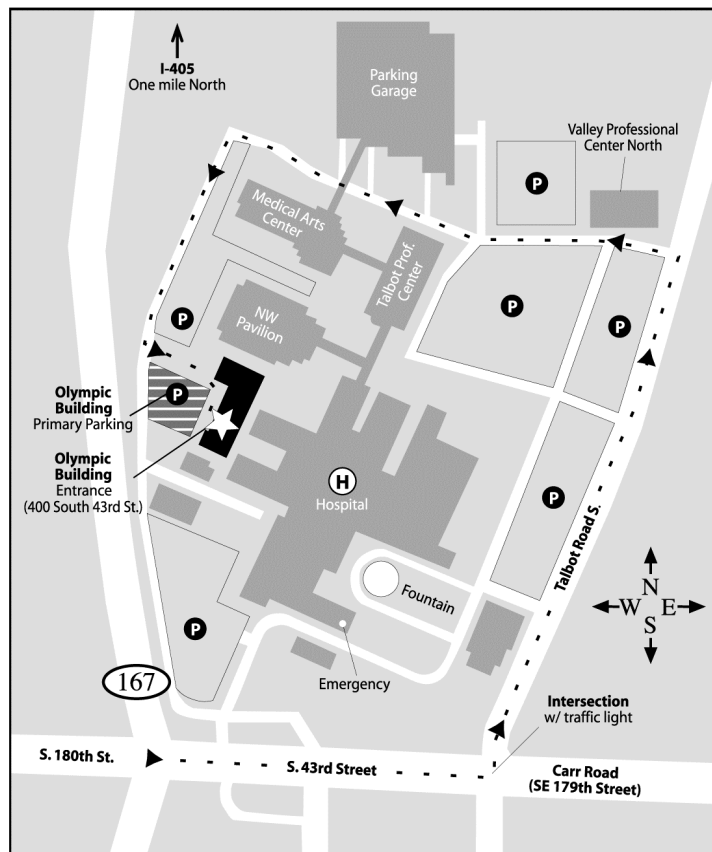
Olympic Building

Welcome to Valley Diagnostic Imaging Services,

We have attached preparation instructions for you to follow to get the best results from your **Coronary CT Angiography study**. Please review this packet a few days before your appointment date to make sure you start your prep on time. If you have any concerns about your scan, billing or preparation instructions feel free to call the imaging center.

Coronary CT Angiography exams are performed at 400 S. 43rd Street, Renton, WA 98055. Please check-in at this location and bring your enclosed patient questionnaire filled out. Be sure to review the enclosed preparation instructions.

Directional Map/Olympic Building



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Information and Preparation Instructions about CCTA

What is CCTA?

Coronary CT angiography (CCTA) is a special kind of CT scan (x-ray study) that provides high-resolution pictures of the heart (coronary) arteries. This quick outpatient study can determine if there are blockages to blood flow (plaques) due to hardening of the arteries using only an IV injection of iodine containing contrast (“x-ray dye”).

Who is eligible for CCTA?

Patients at increased risk for coronary artery disease due to known cardiac risk factors may be eligible for evaluation by CCTA, particularly if there is also a history of chest pain or exercise induced shortness of breath. Such risk factors include: A family history of early (before age 50) heart attack or stroke, smoking, diabetes, high blood pressure, cholesterol abnormalities, or other specific blood test abnormalities. Your primary care provider is in the best position to decide if CCTA would be useful in helping him/her manage your cardiac health.

Other indications include evaluation of coronary artery bypass grafts after surgery, evaluation of coronary artery stents, evaluation prior to certain pulmonary venous or cardiac surgeries or procedures and evaluation for possible congenital heart abnormalities.

Who should not have CCTA?

Patients with irregular heart beat (atrial fibrillation, atrial flutter, very frequent premature heart beats). Patients with pacemakers or implantable defibrillators. Pregnant patients.

Patients with a true allergy to iodine containing radiographic contrast (“x-ray dye”) that experienced a reaction despite pre-medication with anti-allergy drugs.

Patients with severe asthma or other lung problems may require an alternate medication to lower heart rate, and consultation between you and your health care provider is recommended. One of our team of CCTA physicians will also review your situation before making a decision.

Patients who cannot lie flat on a table with arms above the head for approximately 15 minutes or who cannot cooperate with breath holding instructions for a 7-10 second breath hold. The imaging table supports patient weights up to 450 pounds.

Patients with kidney problems may not be able to undergo this study. If you have kidney problems, we will ask your care provider to obtain kidney function blood tests to make a determination.

How does it work?

Before you arrive for the study, you will receive a common blood pressure medication that also lowers the heart rate so we can see the small coronary arteries better.

An IV will be placed in your arm in front of the elbow just before the procedure. Four EKG leads will be attached to your chest during the imaging period so pictures can be obtained in sync with your heart rate. You will receive both oxygen and a single spray of nitroglycerin under your tongue to dilate your arteries just before the procedure.

Imaging takes place during IV injection of iodine containing contrast material (“x-ray dye”). You will be instructed to hold your breath for 7-10 seconds during imaging.

A CT scanner is a special x-ray machine shaped like doughnut with a hole in the center. A computer- operated table will slide you into the bore of the CT scanner at a specified rate while the CT scanner takes pictures of your heart from 360 degrees.

After imaging you can return to your usual daily routine and diet immediately. The actual time on the imaging table is about 15 minutes.

What should I do before the CCTA? PREPERATION FOR YOUR STUDY

Please fill out the front of the attached Coronary CT Angiography Patient Questionnaire Sheet in its entirety. This information will be crucial to the correct performance and interpretation of your study.

It is very important to have a low and regular heart rate in order to get the best quality study, and you will be receiving a dose of sublingual nitroglycerin. As a consequence, you must:

On the day of procedure, refrain from any exercise prior to the exam.

Refrain from any caffeine for 12 hours (coffee, tea, sodas, etc.) before the procedure.

Refrain from any nicotine for 12 hours before the procedure.

Refrain from any stimulant medications for 12 hours (decongestants, antihistamines, etc.)

Refrain from Viagra for at least 48 hours and Cialis and Levitra for at least 72 hours before this procedure.

Also, you must not eat for 4 hours prior to the procedure, although you are encouraged to drink 2 8-ounce glasses of water during that period.

Wear comfortable, loose fitting clothes with either short sleeves, or sleeves which can be easily rolled up without constricting the upper arm.

Take the medication that you are given 2 hour before you arrive for your study.

Please be prepared to be at the imaging clinic for 60-90 minutes for the entire process. This allows us time to review your paperwork, start the IV, and possibly administer more medication if your heart rate remains high after the first dose.

What happens when I'm done?

Our coronary CT physician specialists will review your study and a report will be sent to your care provider detailing our findings, and recommendations, if any. You may also request a time to go over your study with one of our coronary CT physicians at a later date. You should drink plenty of fluids after the study. Questions? Call: Valley Diagnostic Imaging Services at 425.656.5550.