



Your Guide To: Coronary CT Angiography



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**CIS Lafayette at
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What is coronary CT angiography?

Coronary CT angiography is a type of computed tomography (CT) that focuses imaging on the heart, its vessel walls and surrounding structures.

This test is performed in our office and is a less-invasive alternative that can sometimes be used instead of traditional testing that requires the insertion of a catheter for injecting dye into the body.

Coronary CT angiography is a valuable tool that can detect the early onset of heart disease, evaluate heart wall motion and function, measure the widths of arteries and detect and measure blockage inside those arteries. Doctors can also use this technology to check the condition of stents and grafts that are already in place.

How do I prepare for this test?

You may be given medication to take the night before the scan to counteract any allergic reaction that you may have to the dye used during the procedure.

Do not eat for three hours prior to the coronary CT scan and drink plenty of fluids. You should not have caffeine or nicotine for 12 hours before the scheduled test.

We recommend that you arrange to have someone drive you. Some patients will be given a medication (beta blocker) to take one hour before the test to insure that the heart rate is low enough for the scan.

What should I wear?

When you dress for your scan appointment, wear clothes without metal zippers, snaps, clips, etc. For the ladies, sports bras are acceptable because they have no clasps. Elastic waist pants without zippers or snaps are another example of the preferred attire for a coronary CT scan. If you arrive wearing clothing that has metal fasteners, you will be asked to change into a hospital gown. It is best to leave all jewelry at home because you will be required to remove it before the procedure.

Do I need to arrive early?

We ask that you arrive 30 minutes before the scheduled time for the scan. This allows us to check your heart rate and administer medication to slow it down if necessary.

What if I've had kidney problems in the past?

Your physician may want you to have IV fluids prior to your coronary CT exam if you've had kidney problems in the past, or if your kidney blood work is elevated. This usually takes approximately six hours. You are allowed to bring food and drink with you to consume during this time, and you are encouraged to drink plenty of fluids.

What takes place during the procedure?

You will be asked to lie on a narrow table that slides into the center of the scanner.

Follow the technician's instructions carefully. Movement can blur the image, but the CT technology that CIS uses is the fastest available. This technology requires you to lie very still for only a short time. You will periodically be asked to hold your breath during the test.

The table will move slowly into the scanner as images are produced of your body. The entire procedure can take anywhere from 10 to 20 minutes.

What can I expect when I arrive for the scan?

We will start by monitoring your heart rate. If your heart rate is too fast to allow us to obtain clear images, you may be given medication to slow it down.

An IV will then be inserted into a vein in your right arm or hand so that the dye can be injected into your body. You will probably feel a warm flush feeling and experience a metallic-like taste in your mouth. You may have a false urinating sensation. Occasionally, nausea and vomiting may occur. All of these are normal and very mild sensations that are experienced by most people having CT scans. These are NOT allergic reactions.

What if I am allergic to the dye?

Only a small amount of patients are allergic to the dye used in a CT scan. The most common allergic reactions are hives, itching and redness. Shortness of breath and swelling are more severe reactions.

As stated earlier, you may be given medication the night before the scan to lessen the severity of any allergic reaction.



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However, please note:

If you have had these reactions in the past, or if any of these side effects occur during or after the dye is injected, tell the medical personnel immediately. There are medications that can be given to diminish the severity of allergic reactions.

Patient Check List of Instructions

Hold Metformin Diabetes such as Glucophage, Glucovance, Metaglip, and Advancement medicine 48 hours after CT exam.

Take at bedtime:

- one pill in envelope (lopressor 50 mg)
- two pills in envelope (lopressor 100 mg)

Take one hour prior to exam:

- one pill in envelope
- two pills in envelope

Please arrange to have someone drive you.

No caffeine after 7 p.m.

Do not take Viagra, Cialis, Levitra or any other erectile dysfunction drugs.

Take normal anti-anxiety medication such as Effexor, Lexapro, Paxil, Prozac, Wellbutrin, Xanax, Zoloft, etc. - these drugs will help you relax more to keep your heart rate down.

Please alert your nurse or physician if you are allergic to IVP dye

If you are pregnant or think you might be pregnant, please inform the CIS staff.

The mission of CIS is to provide you with the highest quality care available. For your convenience, CIS offers a 64-slice CT scanner with a highly trained and experienced team of technologists to perform your CT exam. However, you may choose to have your scan performed elsewhere.

Please note that the CT service locations listed below are not affiliated with CIS.

HOUMA AREA CT SERVICE LOCATIONS	LAFAYETTE AREA CT SERVICE LOCATIONS
Houma Medical Imaging Center 316 Civic Center Blvd. Houma, LA 70360 (985) 274-0550	Dauterive Hospital 600 N. Lewis Ave. New Iberia, LA 70563 (337) 365-7311
Lady of the Sea Hospital 200 West 134 Place Cut Off, LA 70345 (985) 632-6401	Doctor's Hospital of Opelousas 3983 I 49 South Service Rd. Opelousas, LA 70570 (337) 948-2100
Leonard J. Chabert Medical Center 1978 Industrial Blvd. Houma, LA 70363 (985) 873-2200	Heart Hospital of Lafayette 1105 Kaliste Saloom Rd. Lafayette, LA 70508 (337) 521-1000
Ochsner St. Anne General Hospital 4608 Highway 1 Raceland, LA 70394 (985) 537-6841	Iberia Medical Center 2315 East Main St. New Iberia, LA 70563 (337) 364-0441
Physician Surgical Specialty Hospital 218 Corporate Dr. Houma, LA 70360 (985) 853-1390	Lafayette General Medical Center 1214 Coolidge St. Lafayette, LA 70503 (337) 289-7991
Teche Regional Medical Center 1125 Marguerite Street Morgan City, LA 70380 (985) 384-2200	Lane Diagnostic Center 6500 Main St. Zachary, LA 70791 (225) 658-4778
Terrebonne General Medical Center (Main) 8166 Main St. Houma, LA 70360 (985) 873-4141	Lane Regional Medical Center 6300 Main St. Zachary, LA 70791 (225) 658-2000
Terrebonne General Medical Center (CT) 8120 Main St. Houma, LA 70360 (985) 850-6050	Opelousas General Hospital 539 E. Prudhomme St. Opelousas, LA 70570 (337) 948-3011
Thibodaux Regional Medical Center 602 North Acadia Road Thibodaux, LA 70301 (985) 447-5500	Our Lady of Lourdes Medical Center 611 St. Landry St. Lafayette, LA 70506 (337) 289-2000
	Regional Medical Center of Acadiana 2810 Ambassador Caffery Lafayette, LA 70506 (337) 981-2949
	Southpark Community Hospital 314 Youngsville Highway Lafayette, LA 70508 (337) 769-2080
	University Medical Center 2390 West Congress Lafayette, LA 70506 (337) 261-6000