



**Grossman
Imaging Centers**

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Coronary CTA Instructions

PRIOR TO YOUR STUDY

- Please bring or fax (805-861-2201) results to our office if you have EVER had any of the following:
 - ✓ Cardiac Bypass
 - ✓ Cardiac Catheterization
 - ✓ Stent Insertion
- Or any of the following within the past year:
 - ✓ Cardiac Stress Test
 - ✓ Cholesterol blood work or Kidney blood work
- If you have not had any blood work recently, we will need to check BUN and Creatinine for proper kidney function prior to your study.
- We will be providing pills (beta-blocker) for you to take the morning of your study as well as providing you with patient forms for completion.
- 24 hours prior to your study you MUST: Drink lots of water. Stop all caffeine consumption, stop smoking, and do not take any form of vasodilator (like Viagra, Cialis, Levitra)
- Continue taking any other medications as directed

THE DAY OF YOUR STUDY

- No exercise 6 hours prior to the study.
- Do not eat any solid foods or drink any fluids other than water for 4 hours prior to your study.
- Arrive 1 ½ hours prior to your study, at which time we will monitor your heart rate and blood pressure to assess whether beta blockers are required.

DURING THE STUDY

- You will have a 3-lead EKG attached to monitor your heart rate.
- You will have contrast (x-ray dye) for this study. A needle will be placed in your arm around the inner elbow area to receive this contrast.
- You will receive one squirt of Nitroglycerine during your study (under the tongue).
- A calcium score of the heart will be performed prior to the contrast injection.
- Depending on your heart rate, you may require some additional beta-blocker prior to the contrast injection.
- You will be in the scan room for approximately 20-30 min.

AFTER THE STUDY

- Be sure to drink plenty of water for the next 48 hours to help your kidneys eliminate all of the contrast.
- You may resume a normal diet and medications following your study.
- A report will be issued to your doctor.
- Following your exam we will review your study with you.