

# Harbor-UCLA Medical Foundation, Inc – CT Scanner

## CT ANGIOGRAPHY INSTRUCTIONS

### WHAT TO EXPECT:

- You may be given short acting medicine that will lower your heart rate in order to obtain optimal images.
- The CT Scanner monitors your pulse rate and measures when the contrast media reaches your heart vessels.
- You will be asked to hold your breath for several seconds during the study. You should remain as still as possible to produce the clearest images.
- When the contrast media is injected, you may notice a warm, flushed sensation throughout your body for a short time.
- Once the contrast media has reached your heart vessels or area of interest, numerous images will be taken. The scanner will then reconstruct the images into a three-dimensional format.

### INSTRUCTIONS:

- Plan to arrive at least 30 minutes prior to your scheduled appointment time.
- Drink plenty of water throughout the day before and the day of your procedure. Avoid coffee, tea, energy drinks or caffeinated sodas 12 hours prior to your study. Your heart rate should not be high for this study.
- No exercise, vigorous activity (or anything which might stimulate the heart for 4 hours prior to the study).
- It is preferred that you eat lightly prior to your study.
- Make sure if you use Viagra, Levitra, Cialis, or Revatio that you do not take this medication on the day of your procedure. Resume evening dose within 48 hours.
- Let us know if you are allergic to iodine.
- Wear comfortable clothes and avoid wearing shirt or blouse with metal buttons.
- Inform staff of any difficulties starting an IV.
- If you are diabetic and take any drug with Metformin (Glucophage, Glucophage XR, Glucovance, Fortamet, Glumetza, Riomet, Acto plus met, Advandamet) you should not take these medications the day of your procedure and 48 hours (2 days) after the study.
- Notify the staff if you think you may be pregnant.
- Bring your insurance card with you. It is your responsibility to research your insurance coverage. Some insurance companies may not cover this study.
- Bring your prescription with you if you have been given one.
- Bring a list of your current medications.
- If you are diabetic, please bring a snack to maintain your glucose level if necessary.
- If you are taking beta blockers regularly, take your usual dose.

### AFTER THE STUDY:

- If you have been given medication to slow your heart rate, you may become dizzy or light headed.
- Increase your intake of clear liquids over the next 24-48 hours and avoid alcohol for the next 24 hours.
- Call your doctor if you have a temperature greater than 101 degrees
- Call your doctor if the pain in the IV site is not controlled by Tylenol or an over-the-counter pain medication
- Call your doctor if you experience increased redness, warmth, hardness or swelling around the IV puncture area, hives, skin rash, throat tightness, shortness of breath, or wheezing.

If you have any questions, please contact Helen Mendoza, CTA Coordinator at (310) 222-4108 or (310) 222-2773.