

Patient Preparation for Cardiac CT

Coronary CT image quality is very dependant on a steady low heart rate (Figure 1). Ideally the patients resting heart rate should be 60bpm or lower. If their resting HR exceeds 60bpm, it is our standard protocol to use oral beta-blocker if not contraindicated. If the patient has contraindications to beta-blockers, calcium channel blockers may also be useful. If beta blockers, or calcium channel blockers are prescribed by the referring physician prior to the study, the length of time the patient is in our office may be substantially reduced, and the overall diagnostic image quality and accuracy will be improved.

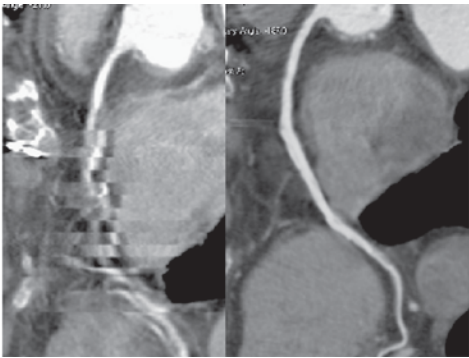
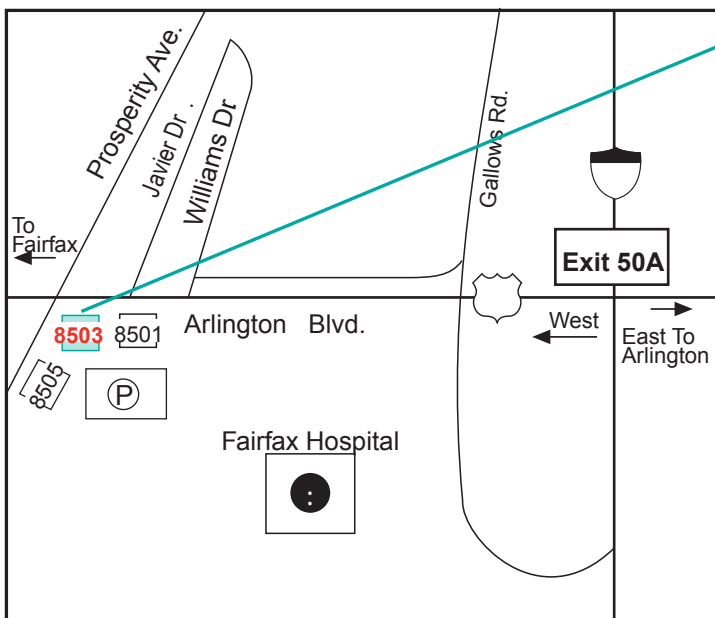


Figure 1. Importance of heart rate reduction for coronary CT. Initial CT performed at a heart rate of 86 (left) is non diagnostic. Repeat exam performed on the same patient following beta-blocking to a heart rate of 56 bpm depicts a normal right coronary artery.

Standard Preparation for Coronary CT

- 1) **Oral Intake:** Do not consume any caffeine or caffeine-containing products 12 hours prior to your appointment. You may eat and drink during the 12 hours prior to the study, but do not consume anything with caffeine.
- 2) **Hydrate:** Drink at least two glasses of water up to 1/2 hour before the exam.
- 3) **Medications:** Continue routine medications as usual.
- 4) **Beta-Blockade:** If the resting HR is >60 bpm:
 - a. Prescribe 50mg PO Metoprolol the night before and 1 hour prior to the exam.
 - b. Consider Calcium-channel blockers if beta-blocker contraindicated.
- 5) **Diabetic Patients:** Patients taking Glucophage and Metformin products will be asked to stop their medication for 48 hours after the exam.

Directions



Prosperity Imaging Center

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PATIENT SCHEDULING

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