

Coronary Computed Tomography Angiography (CCTA)

Halifax Infirmary

Coronary Computed Tomography Angiography (CCTA)

What is a CCTA?

A CCTA is a test that looks at the arteries that bring blood to your heart. The test is done with a computed tomography (CT) scan machine.



How do I get ready for the test?

- **Do not** drink caffeine (like coffee, tea, or cola) for 12 hours before the test.
- **Do not** eat for 2 hours before the test.
- **Do not** take Viagra®, Cialis®, or Levitra® for 48 hours (2 days) before this test.
- Take all other medications as usual unless your doctor tells you not to.
- Your doctor may ask you to take a beta blocker medication (like metoprolol, atenolol, or bisoprolol) before your test. **Please remember to take it.**
- Arrange for someone to drive you home after the test. **Your test may be rebooked if you do not have someone to drive you home.**

Day of the test:

- Have someone come with you to the hospital. **You must have someone drive you home after the test. Do not drive yourself home.**
- Bring a list of your medications (or bring your medications in their original containers). This includes prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements.

- The test will be done in the Diagnostic Imaging Department at the Halifax Infirmary (see map at the end of this pamphlet).
- Go to the 3rd floor and register at the Diagnostic Imaging registration desk.
- A nurse will check your blood pressure and pulse.
- You may be given medications to slow your heart and help you relax.
- You will be asked to change into a hospital gown.
- You will be taken to an exam room and asked to lie on an exam table.

Who will do the test?

A CT technologist will do your test. A cardiac (heart) radiologist will supervise the test.

What will happen during the test?

- The test will take about 30 minutes.
- You will have an intravenous (I.V.) put into a vein in your arm.
- Small, sticky patches will be put on your chest. These will be attached to a heart monitor. Your chest area may need to be shaved and cleaned.

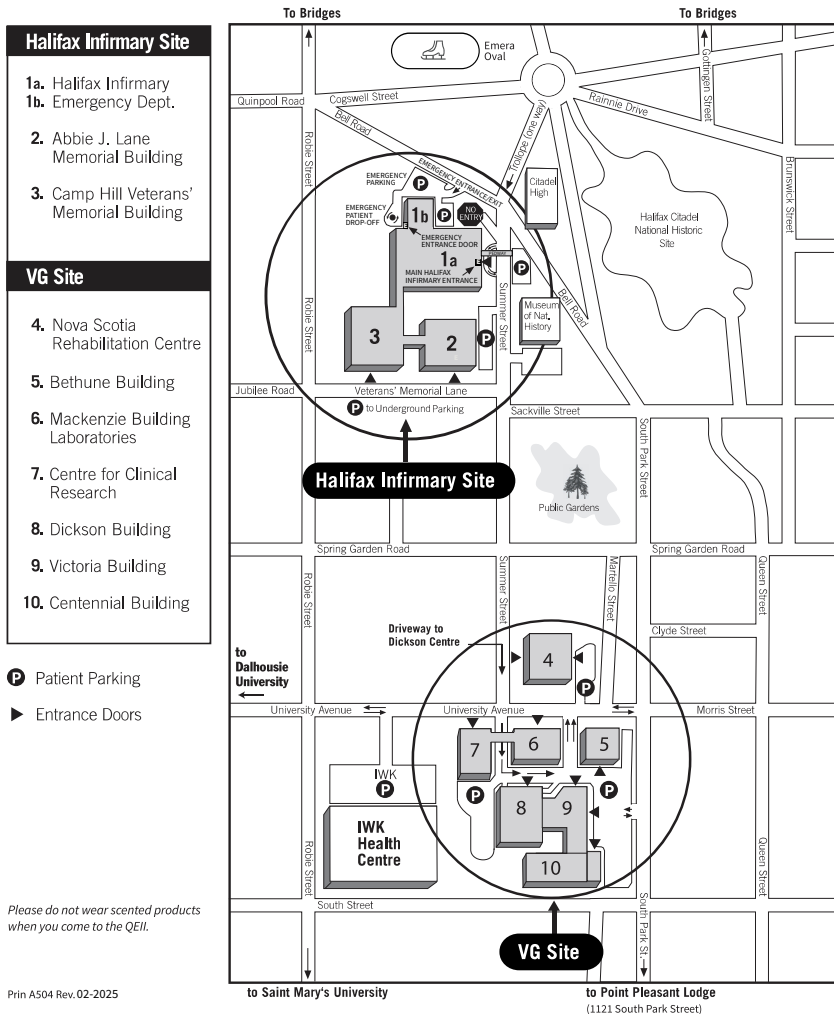
- You may get a spray of nitroglycerin under your tongue. The radiologist will talk with you about this, if needed.
- You will be given X-ray contrast dye through your I.V.
- The CT scan will take pictures of the arteries to your heart.
- **Try your best to relax during the test.**

What will happen after the test?

- You may have to stay for about 15 minutes after your test. This is to check that you do not have an allergic reaction to the X-ray dye.
- You may eat as usual.
- Drink lots of fluids. This will help to flush the dye from your system.
- **Do not drive right after the test.** You must have someone drive you home.
- The doctor who ordered the test will get the results 24 to 36 hours (1 to 1½ days) after the test. They will contact you about your results, as needed.

QEII Health Sciences Centre

is made up of 10 buildings located on two sites



Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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