



Patient & Family Guide

2022

Coronary Computed Tomography Angiography (CTA)

Halifax Infirmery



www.nshealth.ca

Coronary Computed Tomography Angiography (CTA)

What is a CTA?

A CTA is a test that looks at the arteries that supply blood to your heart. The test is done using 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.
- **Take your usual medications, EXCEPT FOR Viagra[®], Cialis[®], and Levitra[®]. Do not take these medications for 48 hours (2 days) before the test.**
- Your doctor may ask you to take a **beta blocker** medication (like metoprolol, atenolol, or bisoprolol) before your test. **Please remember to take it.**

Day of the test:

- Have someone come with you to the hospital. **You must have someone drive you home after the test.**
- **Bring a list of your medications (or bring your medications in their original containers).**
- 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 third 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.
- An intravenous (IV) will be started in a vein in your arm.
- Small, sticky patches will be placed 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 IV.
- 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 in the Diagnostic Imaging Department for about 15 minutes after your test. This is to make sure you do not have an allergic reaction to the X-ray dye.
- You may eat as usual. Be sure to drink plenty 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. Your test may be rebooked if you do not have someone to drive you home.
- The test results will not be ready on the day of your test. Your referring doctor will usually have the results in 24 to 36 hours (1 to 1½ days).

What are your questions?

Please ask. We are here to help you.

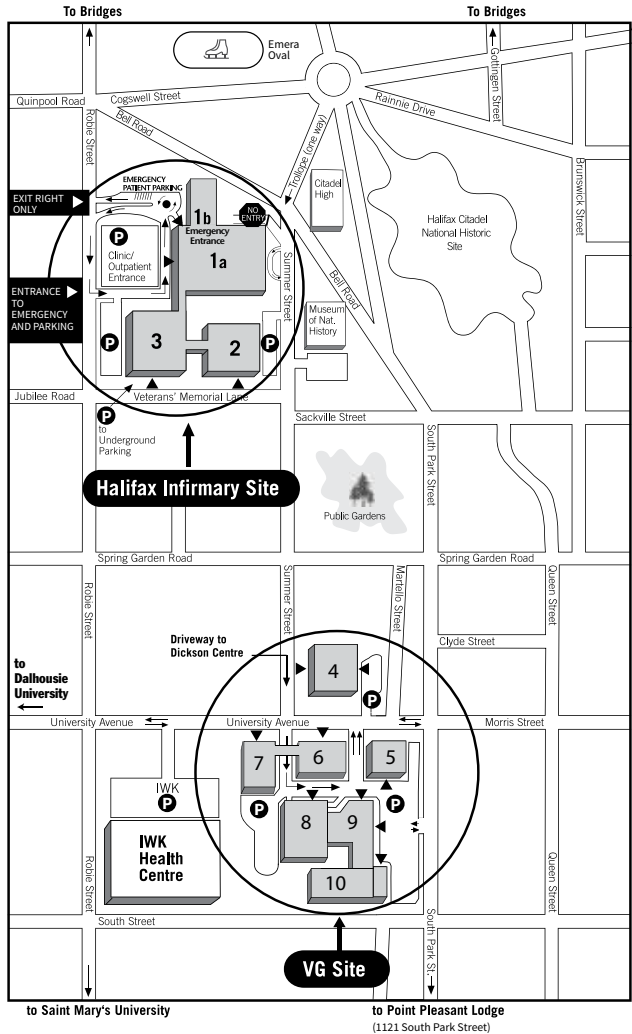
QEII Health Sciences Centre

is made up of 10 buildings located on two sites

- | Halifax Infirmary Site | |
|------------------------|---------------------------------------|
| 1a. | Halifax Infirmary |
| 1b. | Emergency Dept. |
| 2. | Abbie J. Lane Memorial Building |
| 3. | Camp Hill Veterans' Memorial Building |
| VG Site | |
| 4. | Nova Scotia Rehabilitation Centre |
| 5. | Bethune Building |
| 6. | Mackenzie Building Laboratories |
| 7. | Centre for Clinical Research |
| 8. | Dickson Building |
| 9. | Victoria Building |
| 10. | Centennial Building |

- P** Patient Parking
- ▶** Entrance Doors

Please do not wear scented products when you come to the QEII.



Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information in this pamphlet is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.