**INSTITUTE OF LIFE SCIENCE 2 : SWANSEA UNIVERSITY**

**CLINICAL IMAGING FACILITY**

**CT SCANNING OF THE HEART**

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| **If you are unable to attend, please telephone us as soon as possible (01792 606420) so we can offer your appointment to another patient. We will arrange another appointment for you as soon as possible.** |

Our latest technology allows CT scanning of the heart involving high speed, very high detail x-ray images. To achieve the best possible quality images, it is important that you adhere to the following preparation instructions:

1. Please allow yourself plenty of time to arrive at the scanning department. It may be wise for someone to bring you to the hospital so that you may be dropped off at the entrance in case car parking proves difficult.
2. **If you use GTN Spray, please bring it with you.**

**PATIENT PREPARATION:**

1. Continue to take all your medications as normal.
2. **If you normally take beta-blockers (e.g. Bisoprolol, Atenolol, Metoprolol) or other drugs that slow your heart rate (e.g. Verapamil, Diltiazem, Ivabradine), it is especially important to take these as normal on the morning of your scan.**

**FOR 48 HOURS PRIOR TO YOUR APPOINTMENT TIME:**

1. **Do not take Sildenafil (Viagra) or Cialis (Tadalafil).**

**FOR 24 HOURS PRIOR TO YOUR APPOINTMENT:**

1. **Do not consume anything containing caffeine (this includes all foods containing chocolate and all tea, coffee, cola and energy drinks, including decaffeinated products).**
2. Please check all medication for caffeine especially cough remedies and Paracetamol-based products.

**FOR 4 HOURS PRIOR TO YOUR APPOINTMENT TIME:**

1. **Do not smoke**
2. **Light meal only**
3. **Drink only water**
4. **Do not do any vigorous exercise**

This will help stabilise your heart rate and produce the best quality images.

**WHAT TO EXPECT ONCE YOU ARRIVE AT THE RADIOLOGY DEPARTMENT:**

1. You may be in the department for up to an hour.
2. On arrival, your details will be checked, the procedure will be explained to your and you will be weighed. We will ask about any allergies you may have and any medications you are taking.
3. You will be asked to undress from the waist up and put on an examination gown.
4. A cannula (small plastic tube) will be inserted into a vein in your arm as the scan will involve an intravenous injection of a contrast agent and a drug to steady your heart rate.
5. Once you are lying on the scanning couch, we will need to place ECG electrodes on your chest so we can see your heart rhythm.
6. **The scan involves holding your breath several times for approximately 10 seconds. It may be useful if you can practice this at home.**
7. During the scan, you will have an injection of contrast agent. **You may experience a sensation of heat in the abdomen and groin. This is normal and will pass very quickly.**
8. Once the scan has finished, we will ask you to get dressed and then wait for 20 minutes. We will then remove the cannula from your arm.

**If you have any further queries, please contact us at 01792 606420.**

**Thank you for your cooperation.**