

**Coronary CT Angiogram (CCTA)** is a safe, non-invasive way to see your heart's arteries. This advanced heart scan shows whether your arteries have plaque buildup or blockages and whether blood flow to your heart is reduced — all without needing a catheter procedure. Further information is available at [cardionow.org](https://cardionow.org).

## **Before the Test**

- **Inform us if you have any allergies to iodinated CT contrast.**
- You will be prescribed two medications to pick up and take the day of the test.
  - **Metoprolol tartrate (Lopressor)** is used to lower your heart rate to optimize images. You will be prescribed **three 50 mg tablets**.
  - **Nitroglycerin** is used to relax your blood vessels to optimize images. You can also take it if you have chest pain. You will be prescribed a bottle of twenty-five 0.4 mg tablets.
- If you take erectile dysfunction medications (e.g. sildenafil, tadalafil), please discontinue 48 hours prior to test. You can resume 24 hours after the test.

## **Day of the Test**

- Do not eat or drink 4 hours prior to the test. Water is OK.
- No caffeine day of exam.
- Take normally prescribed medications unless instructed otherwise by your provider.
- Wear comfortable clothes; remove metal (necklaces, bras with underwire) in the chest area.
- **Take metoprolol tartrate 2 hours prior to scheduled coronary CTA exam. For heart rates 60-70 beats per minute (bpm), take 50 mg. For heart rates >70 bpm, take 100 mg. Bring the rest to your exam.**
- **Bring nitroglycerin bottle to exam.** You will be given instructions to take while in the CT scanner by the technician, no need to take prior to exam.

## **After the Test**

- You may drive yourself home and return to work.
- Stay hydrated with water.

## **For questions please contact:**

CardioNow  
19020 33rd Ave W Suite 250, Lynnwood, WA 98036  
Phone: (425) 458-0707

**Appointment Date/Check-in Time:** \_\_\_\_\_