

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://www.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 3 hours prior to the test. **We recommend you stay well-hydrated with water.**
- 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: _____