

To Patients Undergoing Cardiac CT (Computed Tomography) Scan

A brief explanation for you to prepare for the Cardiac CT scan.
Please read this beforehand.

Supervising Editor: Japanese Society of Cardiovascular Imaging and Dynamics, Japan Society of Cardiovascular Radiology

1. What is a Cardiac CT scan?

A Cardiac CT scan is an examination procedure using an X-ray machine to look into the details of your heart. With a computer technology, it can create three-dimensional images of your body and look into your blood vessels, which enables to examine the structure and the function of your heart in detail.



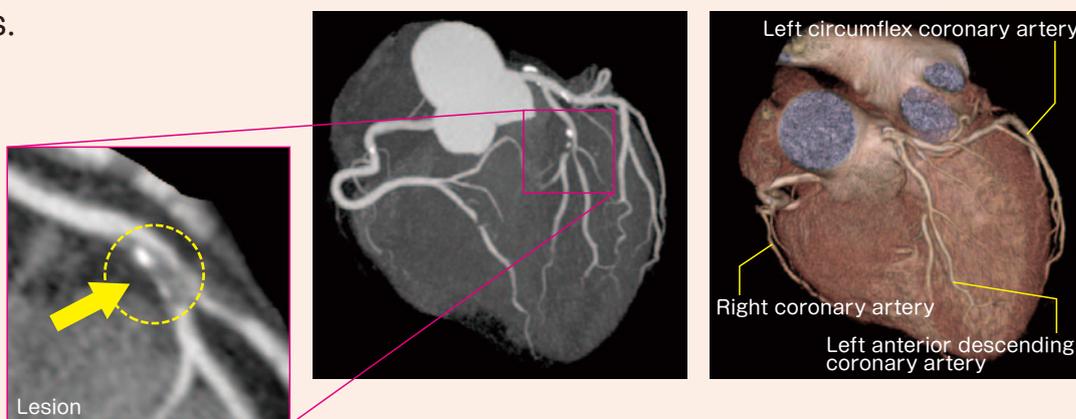
Hospitalization is no need.

The entire procedure takes 15 to 30 minutes.
(including time for changing clothes, explanation,
blood pressure measurement, etc.)

*Patients with frequent arrhythmia, kidney problem, problem in breath holding, allergy to contrast medium, or (suspected) pregnancy may not be able to take the exam.

2. What does a Cardiac CT scan show?

A Cardiac CT scan shows the images of the entire heart, as well as the condition of your blood vessels which supply oxygen and nutrients to your heart, called coronary arteries.



Narrowed coronary artery, with a calcified lesion (in white).

Lesion

Cardiac CT scan enables early diagnosis of ischemic heart diseases, including angina and myocardial infarction, which result from inadequate oxygen supply to the heart due to narrowed coronary arteries. It can also detect congenital heart and vascular anomaly, and/or follow up on postoperative patients.

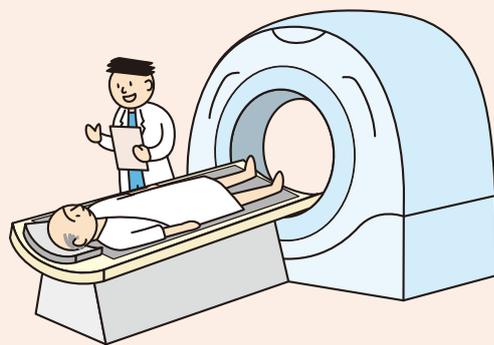
3. Before the exam

You may be asked to refrain from eating for several hours prior to the exam. There are no restrictions on fluid intake. Drink water and/or tea as usual to quench your thirst. Since the high pulse rate may affect the exam, you may be asked to wait until your pulse becomes stable. Please come at a designated time.

*A medication may be given to you to reduce the pulse rate when it is too high for the exam. It takes about an hour until the medication becomes effective (you may be asked to take the medication the night before the exam). Some patients may also receive a medication to dilate the blood vessels before the exam for better detection of the diseases.

4. During the exam

Your body may feel a warm, flushed sensation when contrast medium is intravenously injected in your body during the exam. You may communicate with our staff at any time therefore please let us know immediately if you feel anything wrong. During the scan, you will be asked to hold your breath for about 10 seconds and stay still.



■ What is contrast medium?

In Cardiac CT exam, iodinated contrast material is used to obtain good images for the diagnosis. During or few days after the examination, a patient may infrequently experience symptoms such as nausea, rash or itching, as the adverse reaction to the contrast medium. Please contact your physician or staff immediately if you feel anything wrong.

*If you have kidney problem, bronchial asthma or allergies, previous reactions to contrast medium or taking any medication for diabetes, tell your physician or examining staff before the scan.



5. After the exam

If you have no restriction on fluid intake, drink much water and/or tea to help discharge contrast medium from your body.



Scanning procedures may differ among hospitals. Follow the directions of your physician or examining staff.



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