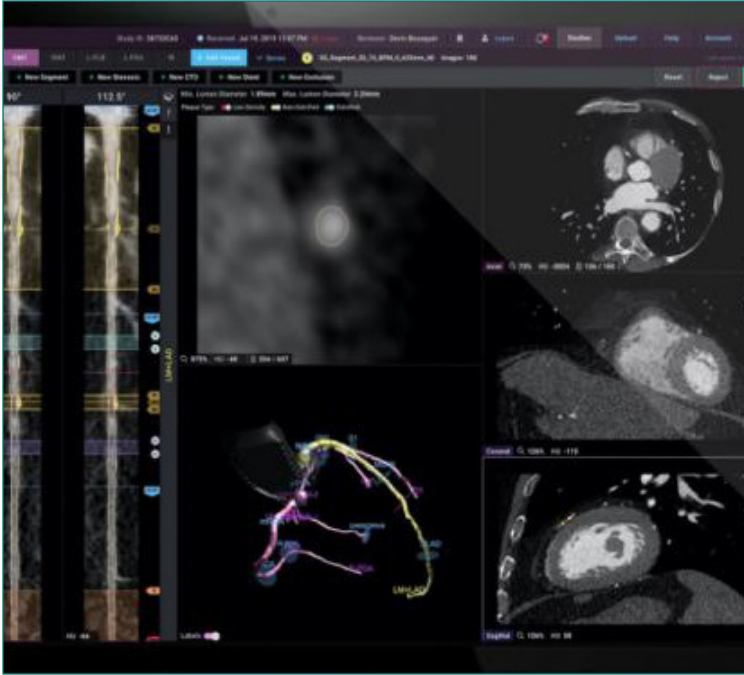




# CORONARY CTA



## Coronary CTA Exam Prep Instructions:

- In order to decrease cardiac motion and improve diagnostic accuracy a heart rate of 60 bpm or less is optimal at time of image acquisition. *If applicable beta blockers will be prescribed by referring clinician prior to exam.*
- No food for 4 hours prior to the exam.
- May drink water or clear fluids without caffeine up until time of exam (patient should be well hydrated for renal protection, for ease of establishing venous access, and to avoid post-procedure hypotension).
- No caffeine products for 12 hours prior to exam because they might hinder efforts to reduce the heart rate before scanning. This includes coffee, tea, energy drinks, energy pills, diet pills and most soda.
- Take all regular medications the day of exam, especially blood pressure medicine.
- If applicable, patients should not take Viagra for 24 hours or Cialis 48 hours prior to exam.

## Suggested premedication protocol:

- Medication for resting heart rate 60-70 bpm: 50mg Metoprolol Tartrate by mouth 1 hour before scan.
- Medication for resting heart rate >70 bpm: 100mg Metoprolol Tartrate by mouth 1 hour before scan.
- Pre-scan medications should be prescribed by the referring clinician.
- Contraindications to Metoprolol include severe aortic stenosis, COPD/Asthma requiring use of inhaler, heart block, blood pressure less than 100/60.

**UPDATED  
MEDICATION  
PROTOCOL**

## Facts About Cardiac Disease

- ✓ Heart disease is leading cause of death.
- ✓ Atherosclerosis is the strongest marker of heart attack risk.
- ✓ 65-75% of Patients who have a MI are asymptomatic and do not have severe coronary stenosis immediately prior to major cardiac event.
- ✓ CCTA is Class1A indication for patients with stable and acute chest pain. First-line test! (2022 ACC/AHA/SCCT).
- ✓ Coronary artery calcium score is one of the best predictors of CVD mortality (2020 ACC CAC consortium).

Provider questions about pre-medication protocol? Call one of our radiologists at 775-323-5083.

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