

Cardiac Calcium Scoring

Please read this before your appointment. Feel free to ask questions.

Cardiac Calcium Scoring is often called CT heart scan. It is a CT scan that detects areas of “hardening” in the coronary arteries. These arteries supply blood to the heart. “Hardening” is calcification or plaque build up. A healthy artery does not have plaque.

Plaque deposits in the arteries indicate the presence of coronary artery disease (CAD). Cardiac Calcium Scoring is one way to diagnose early CAD.

A technologist will perform the scan. A radiologist, a doctor who specializes in reading x-rays, will read the exam.

Usually this procedure takes less than 15 minutes. We ask that you plan an hour for the test.

You are scheduled for a Cardiac Calcium Scoring CT Exam at the following HealthEast facility:

- St. John’s Hospital
- St. Joseph’s Hospital
- Woodwinds Health Campus

Appointment Date: _____ **Time:** _____

Questions about scheduling, call: 651-232-5500

Please let us know if you:

- Are or might be pregnant.

Preparation

- Prior to your exam, you will be asked to fill out a worksheet about your medical history.
- Avoid caffeine and smoking for 8 hours before this test.

The Examination

You may be asked change your clothes for your exam. You will be asked to undress above the waist and a gown and robe will be provided.

The technologist will help you onto the table that is attached to the CT scanner. The technologist will place small patches called electrodes on your chest. These are connected to an EKG machine that records the activity of your heart. The EKG records your heart rhythm while the CT scan is being taken.

The table slides into the opening of the scanner. The table will move a small distance every few seconds to position for each new picture. Several pictures of your heart are taken.

When the Exam Is Completed

The radiologist will study the pictures. If you wish, the radiologist will tell your doctor what was found on the pictures. A Cardiology nurse or tech. will review the score of the CT heart scan with you. Feel free to ask questions if something is not clear to you. You will take home a copy of the CT heart scan report.

At HealthEast, we are dedicated to providing the best possible care. Thank you for taking time to read these instructions. We hope to make your experience as pleasant as possible. Feel free to ask questions.

Billing Information

This is a self-pay exam. Payment is due at the time of the exam. Personal checks or a major credit card is accepted.

Materials provided by HealthEast Patient Education Service. For 24 hour access and referral:
HealthEast Care Connection: 651/326-CARE (2273) · 1-866-326-CARE (toll free)
· www.healtheast.org