

# Cardiac CT for Calcium Scoring

## Appointment Information

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Address: \_\_\_\_\_

Notes: \_\_\_\_\_

## About

Cardiac CT for calcium scoring is a procedure used to detect plaque build-up in the heart and vascular system. Cardiac CT for calcium scoring of the heart and vascular system is a non-invasive way of obtaining information about the presence, location and extent of calcified plaque in the coronary arteries. The coronary arteries supply oxygen-containing blood to the heart muscle. Calcified plaque results when there is a build-up of fat and other substances under the inner layer of the artery. This material can calcify, which signals the presence of coronary artery disease, results in plaque build-up that can narrow the arteries or close off blood flow which can cause a heart attack.

Since calcium is a component of coronary artery disease, cardiac CT for calcium scoring can detect plaque build-up and is a helpful prognostic tool. The goal of cardiac CT scan for calcium scoring is to determine if coronary heart disease is present and to what extent.

Cardiac CT for calcium scoring of the heart and vascular system is recommended for patients with high risk factors of coronary artery disease including:

- High blood cholesterol levels
- Family history of heart attacks
- Diabetes
- High blood pressure
- Cigarette smoking
- Overweight or obesity
- Physical inactivity

## Preparations

You should have no caffeine or stimulants (this includes decaffeinated products and cigarettes) 24 prior to this exam. You should continue to take your usual medications.

Wear comfortable, loose-fitting clothing to your exam and remove any metal objects including jewelry, eyeglasses, dentures and hairpins. Women will be asked to remove bras containing metal under-wire.

Prior to your cardiac CT for calcium scoring scan, tell your radiologist if you have a pacemaker. Women should always inform their radiologist if there's any possibility that they may be pregnant.