



Windsong Radiology Group, P.C.
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(716) 631-2500 (716) 631-4051
www.windsongwny.com

Dear Patient:

Thank you for scheduling your Cardiac CT Angiogram appointment with Windsong Radiology Group. To ensure that we make efficient use of your time here, please read the following information carefully.

Date of Appointment: _____

Please arrive at: _____ AM/PM

Preparation Required:

- No caffeine for 24 hours prior to the procedure.
- Avoid energy drinks or diet pills on the day before the procedure.
- Do **NOT** use Viagra or other erectile dysfunction medications such as Cialis or Levitra for four (4) days prior to the procedure.
- Fast for four (4) hours prior to the procedure. Drinking water is encouraged any time.
- You may take any required medications.
- You will be administered Beta-blockers so please bring a driver. You will be asked to refrain from driving or operating heavy machinery for a few hours. (If you are already on Beta-blockers or have a pacemaker, you might not need additional Beta-blockers.)
- Bring a list of your current medications.

What to expect as a patient:

1. You will change into a hospital gown. A technologist (or nurse) will insert an IV line into a vein in your arm to administer contrast and any medications required during the procedure.
2. Additional history will be obtained.
3. We will obtain your vital signs and a technologist will clean four (4) small areas and place four(4) small electrode patches on your chest. Men may need to have their chest hair partially shaved at the site of the electrodes to allow them to stick. The electrodes are attached to an EKG monitor that charts your heart's electrical activity during the test.

4. You will lie on the scanner table and we may administer a medication (Beta-blocker) to keep your heart rate slow and steady for the examination. We may also administer sublingual nitroglycerine. When your heart rate is at the ideal level, we will perform the scan. During the scan, you will feel the table move as you move into the CT scanner. We will give you breathing instructions because the breath-hold is an extremely important portion of the examination. The actual scan itself will last approximately 10 seconds, during which time you will need to hold your breath and be completely motionless.
5. We will begin injection of the iodinated contrast. You will feel a warm sensation as the contrast circulates through your body and you may have the sensation that you are urinating. This is normal. Once the dye has reached the arteries of the heart, we will begin the scan by asking you to hold your breath. Please follow the breathing instructions. After approximately 10-15 seconds, the scan will finish and you can begin breathing again.
6. The entire CT scan should take approximately 15 minutes, however the preparation time can take considerably longer and we will monitor you for 15 minutes after the examination because of the administration of Beta-blockers. Please plan on spending approximately 2 hours at our facility to be on the safe side.
7. After the administration of Beta-blockers, it is recommended that you avoid driving or using heavy machinery, and therefore it is required that you have a driver bring you to your appointment and home again.
8. After the procedure, you may continue normal activities and eat as usual. The Beta-blockers may make you tired so avoid heavy lifting, exercise or using heavy equipment for at least 3 hours (or longer, if needed) after the procedure. We encourage drinking of water to wash out the contrast dye.

You will be contacted the day before your exam to confirm your preparation and to answer questions that you may have. If you do not hear from us by 2:30pm, please call us at (716) 631-2500, ext: 2150. If, for any reason, you need to cancel or reschedule your appointment, please do so no later than 24 hours prior to your scheduled appointment as we do have to order medications specifically for your timed appointment.

Thank you for choosing Windsong Radiology Group for your diagnostic imaging services. We look forward to your visit. If you have any questions prior to your visit, please contact us at (716) 631-2500.