

## Preparing for: Coronary CT angiography

### 1. THE TEST



#### Test date

You are scheduled for your appointment on \_\_\_\_\_ at \_\_\_\_\_.

To provide thorough and appropriate care, we must devote the necessary amount of time to each individual patient, and the time this will take cannot be determined beforehand. If for any reason you are unable to make your appointment, please notify us as far in advance as possible.

#### What does the test consist of?

Coronary CT angiography is a catheter-free diagnostic technique that uses X-ray scanning to provide detailed 3-D images of your heart, your major blood vessels such as the aorta, and view your coronary arteries. This technique makes it possible to study all structures of the heart together in a 3-D image and also view the blood vessels from the inside. You will need to have an iodinated contrast agent administered intravenously.

#### FOR YOUR SAFETY

You must inform us before the test if any of the following applies:

- ✓ You have developed any type of allergic or adverse reaction to a contrast agent before;
- ✓ You are pregnant or suspect you may be.

To obtain optimal results, your heart rate must be below 70 beats per minute; to bring your heart rate below this level, we may need to give you medication before the study.

The test takes about 20–30 minutes.

For the test to be effective, it is essential that you follow the preparation instructions that appear below.

### 2. BEFORE THE TEST



#### 2.1. How to prepare

- You must **fast** prior to your test, avoiding solid food for **4 hours**.
- Please come fully hydrated (we recommend you drink 2 glasses of water before coming).
- Wear clothes that are **easy to remove and put back on**.

#### 2.2. Precautions

It is very important that you notify us before your test if:

- You have developed any type of **allergic or adverse reaction** to contrast dye before;

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- You have **kidney or heart failure**; have **asthma**; are **diabetic** and taking oral antidiabetic drugs such as metformin; have a **thyroid condition**; or present any serious illness;
- You are pregnant or suspect you may be;
- **Women who are breastfeeding:** if your scan requires contrast dye, you can continue breastfeeding normally after the procedure. (Note, however, that a very small amount of dye may be passed on to the child through breast milk. You may choose to avoid breastfeeding for the 12 hours following the test, opting to remove milk beforehand and administer the milk to your baby over the 12 hours after the test).

**It is advisable to have someone with you** on the day of your test in case you require antianxiety drugs for the test, as these drugs may impair your ability to drive.

If you require any further explanation or clarification, do not hesitate to ask the staff working in the department where you will be having your test.

### 3. REMARKS



#### Informed consent

The informed consent document must be read carefully, signed, and delivered before the test.

#### Accessing your medical records

Once your test results have been analyzed by your doctor, you may access them on the **Patient Portal**. The Patient Portal is a private online space where you can manage all aspects of your health and that of your family—wait-free and with no unnecessary trips to the hospital. Manage your appointments and access your reports, test results, and imaging studies by going to

<https://www.quironsalud.es/es/portal-paciente>

#### Contacting us by phone

Having difficulty logging on to the Patient Portal? Contact us by phone:

901 500 501

Thank you for your cooperation.