

## Coronary Artery Calcium Scoring CT Scan

### What is a Coronary Artery Calcium Scoring CT Scan?

Your doctor has suggested you have a Coronary Artery Calcium Scoring CT Scan as part of the evaluation at National Jewish. A Coronary Artery Calcium Scoring CT Scan takes pictures of the heart. The pictures are more detailed than a typical x-ray. The pictures focus on the arteries supplying blood to the heart (coronary arteries). In the early stages of heart disease, calcium along with soft plaque may accumulate within the walls of the coronary arteries. The Coronary Artery Calcium Scoring CT Scan can detect and measure the extent of the calcium deposits in the coronary arteries. This may help determine a diagnosis of heart disease early. Your doctor will use this information to determine the best treatment for you.

### How do you get ready for the test?

There is no specific preparation for this test.

### What is done during the test?

The radiology technologist will explain the Coronary Artery Calcium Scoring CT Scan to you before you start. Ask questions if you don't understand. Before the test you will need to remove all clothing and jewelry from the waist up. You will be given a hospital gown to wear. You will be asked to lie on the CT scan table. You will have EKG leads placed on your chest to monitor your heart. The technologist will give you instructions during the test. You will also be asked to hold your breath and lie still for 10 to 12 seconds while the CT scanner takes pictures of your heart. The CT scan is not painful but does provide a small amount of radiation exposure.

### How long will the test take?

A Coronary Artery Calcium Scoring CT Scan takes about 20 minutes. This includes 15 minutes for the test and 5 minutes for preparation.

### How do you get to your test?

Your appointment is in the Institute for Advanced Biomedical Imaging (Radiology). You will be directed where to go when you check-in. If you have any questions you can contact Advanced Biomedical Imaging (Radiology) at 303-398-1611.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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