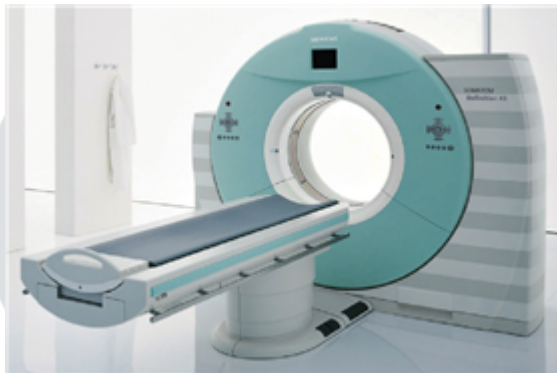


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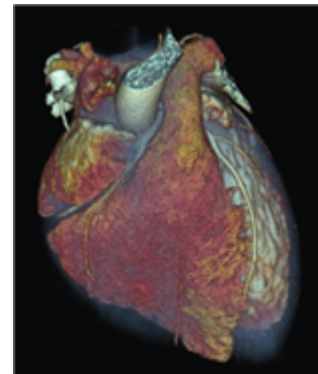
Information for Patients

Adult Cardiac CT Information

A Computed Tomography (CT) scan is an X-ray examination that gives much more information than a normal X-ray.



CT Scanner



3 Dimensional CT Heart

What is a Cardiac CT Scan?

It is a specialised CT scan which provides very detailed images of your heart and the arteries which supply your heart.

Important Information

If you are diabetic and taking Metformin or Glucophage, you may take these normally, however we will need to speak to you before coming for your examination, even if you have previously had a CT scan.

What happens during the Cardiac CT scan?

A radiologist (a consultant specialised in X-ray) and a radiographer will carry out the Cardiac CT examination.

- You will be asked to change into a hospital gown.
- You might be asked to remove certain items of clothing and jewellery.
- The person completing the procedure will ask you to confirm some details including date of birth and pregnancy status.

On arrival at the X-Ray Department, you will be directed to the relevant waiting area and will be asked to be changed into a gown and a small tube (cannula) will be sited in your arm.

You will then be taken into the examination room, and you will be asked to lie on a bed. Then ECG leads need to be placed on your chest. An injection of a contrast agent (a dye which shows up on the scan) into a vein in your arm is necessary to produce the images of your heart.

You will have to hold your breath several times during the examination. The radiographer will tell you when to do this over the intercom. If you have difficulties lying flat or holding your breath for short periods (about 20 seconds) please inform the radiographer.

Will I feel any pain?

You will feel a sharp scratch when the cannula is sited into your arm but the x-rays from the CT scan itself is painless.

However, it is important to get you into the correct position. Holding this position / lying on a table may, for some people, feel uncomfortable, but for the majority of patients this is not the case.

Are there any risks with this examination?

A Cardiac CT scan produces very detailed images of the heart. There is a very small risk from the effects of the contrast injection. Some patients get a warm feeling and/or metallic taste when the injection is given.

If you do get these feelings, they usually last about a minute.

Radiation risk

We are all exposed to natural background radiation every day of our lives. This comes from the sun, food we eat and the ground.

Each examination gives a dose of radiation on top of this natural background radiation. The radiation from the X-rays during a CT scan is equivalent to receiving approximately five years of natural background radiation.

Contrast risk

We might need to give you contrast dye to make areas of your body show up more clearly.

One of the radiology staff will give you this using a small needle inserted into a vein in your arm or the back of your hand.

The radiographers will complete a checklist to ensure it is safe for you to have the dye and you will be asked to sign this form as a consent, the specific side effects are documented on the checklists that you complete.

The contrast dye that is sometimes used can cause allergic reactions however the staff available will be checking for any risks before we proceed.

Extravasation risk

Contrast dyes that are given to patients having an MR or CT scan are usually given by injection into a vein in your arm or hand. Occasionally the injection may leak out from your vein into the tissues under the skin – this is known as extravasation.

If this has happened, you may experience a stinging sensation where the contrast has gone into the tissue, and it can be painful. This will usually wear off after about 30minutes.

Is there anything I need to inform you of before I attend for my appointment?

Important Information

If you are diabetic and taking Metformin or Glucophage, you may take these normally, however we will need to speak to you before coming for your examination, even if you have previously had a CT scan. Please contact the number on your appointment letter.

Please also inform us before your examination if you are on renal dialysis or have problems with your kidneys.

Pregnancy:

Radiation can be harmful for an unborn baby. If you are or think you may be pregnant you must tell the radiographer before the examination.

How do I prepare for my Cardiac CT scan?

Preparing for your Scan

It is very important that you follow the preparation instructions in your appointment letter carefully. Please bring any sprays or inhalers that you are taking. If you are on medication from your doctor, please continue to take it as normal.

In order to produce the best images of your heart **please avoid coffee, tea and chocolate on the day of the scan.** These products increase your heart rate therefore can affect the quality of the scan. Otherwise, you may eat and drink normally, in fact we advise you to be well hydrated (drink lots of water) before the scan.

Will I be given any medication during the scan?

The best quality scan is obtained when your heart rate is slow.

Some people may have a relatively fast heart rate and may require the doctor to give a small injection of a medication called a beta blocker to slow the heart rate down.

This is standard practice and there is nothing to worry about. The beta blocker will slow your heart rate gently, has no major side effects and only acts for a short time (approximately 20 minutes). It may also be necessary to give you a small amount of GTN spray, this is sprayed under your tongue and helps produce better images of the small arteries around your heart.

If you have any allergies or have taken beta blockers before and have suffered side effects, please inform the CT staff on arrival.

Help and support in the department

If you have any medical problem which you feel may affect your safety in the department, or if you feel you may need any assistance, please let us know when you arrive.

Do I need to give my permission (consent)?

The radiographer will ask you if you are happy for the examination to go ahead. This is called verbal consent and might only involve the radiographer checking you are booked for the correct examination.

If you do not wish to have the examination or are undecided, please ask the radiographer so that they can answer any questions you may have.

Remember, it is your decision. You can change your mind at any time and your wishes will be respected.

However, not having the examination may delay your diagnosis as the referring clinician may not have all the needed information.

How long will it take?

The actual scan will only take several minutes to perform but the preparation for the scan will take a little longer. We also ask you to wait in the department for approximately 20 minutes following the scan so that we can make sure you are feeling alright before you leave. You should estimate that you will spend approximately 90 minutes within the department.

What happens after the Cardiac CT?

You should have no after effects from this examination. You will need to stay in the X-Ray Department for 20 minutes after the scan. You can eat and drink normally after the examination.

You may drive home and are then free to return to work/normal daily life.

When will I get my results?

The results will not be given to you immediately. Your CT scan pictures will be interpreted by a Radiologist (a consultant specialised in X-ray) and the results will be sent to the consultant who referred you for this examination.

You may already have an appointment with the clinician who referred you. If not, please contact them to arrange a time to talk about the results and any treatment you may need.

If you are staying in hospital, the results will be given to the doctors looking after you on the ward.

What should I do if I have a problem?

You should not have any problems that is a result of the

If you feel your condition has changed, or you need further medical advice before receiving your results/after leaving the hospital, please make an appointment with the doctor that referred you, or in an emergency, go to your nearest Emergency Department (ED).

How can I provide feedback for the appointment I have attended today?

The Division of Imaging welcomes feedback from all our patients. We actively take part in the Friends and Family Test, and we complete a patient experience questionnaire every month to obtain feedback on the experiences you have had. Please speak to a member of staff regarding the feedback or there are posters within the department with QR codes so you can complete these online.

Contact us

For contact information please refer to your appointment letter or if you are an inpatient, please direct your queries to one of the medical staff on the ward

Language and accessible support services:

If you need an interpreter or information about your care in a different language or format, please get in touch.

Your comments and concerns

If you would like to provide feedback you can:

- Ask to speak to the department lead / manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester, M13 9WL.
- Log onto the Patient Opinion website www.patientopinion.org.uk/ click on 'Tell your Story'

If you would like to discuss a concern or make a complaint:

Ask to speak to the department manager – they may be able to help straight away. Inpatients can speak to a senior nurse or manager by contacting the Tell Us Today service on (0161) 701 1999.

Contact our Patient Advice and Liaison Service (PALS) on (0161) 276 8686 email: pals@mft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

Telephone: 111, 24 hours a day
Website: www.111.nhs.uk

Finally

Some of your questions should have been answered by this leaflet but remember that this is only a starting point for discussion about your treatment with the doctors looking after you. Further information can be obtained by contacting the radiology department that is performing the procedure.