



Calcium Scoring CT Instructions

The calcium score test is a procedure using computed tomography to measure the quantity of calcium deposits in the heart, especially deposits in the coronary arteries. An increase in deposits contributes to narrowing in the arteries and a reduction in heart function, which can lead to a heart attack. This exam takes 15 minutes. Your heart rate will be monitored while taking images and you will be given breathing instructions during the exam.

1. If applicable, please refrain from taking Viagra, Levitra, and Cialis for 48 hours prior to scan, resume all other medications as normal.
2. No caffeine for 12 hours. This includes coffee, tea, energy drinks, energy pills, diet pills, and most soda
3. No strenuous activity or workouts
4. Try to avoid smoking at least 4 hours prior to scan
5. If you are claustrophobic, please bring it to the staff's immediate attention.
6. If you are, or think you could be pregnant, please bring it to the staff's immediate attention.