

Cardiac Calcium Scoring Only Scan

What You Need to Know and Do

Computed tomography (CT) is a test that combines X-rays and computer scans. It creates detailed images (pictures) of bone and soft tissues such as organs and blood vessels.

A Cardiac Calcium Scoring Only scan is used to check for buildup of calcium in plaque on the wall of the arteries to the heart. Normally arteries to the heart do not contain calcium. Calcium in these arteries may be a sign of heart disease.

This test can be used to help make decisions about how to lower your risk for heart disease, heart attack, and stroke.

What should I do before my appointment?

Remove all jewelry and other metal objects from the area being scanned. This includes metal that is often part of clothing such as snaps, belts, and underwire bras.

You should wear comfortable clothing.

Be sure to tell the radiologist or technologist if you are or think you may be pregnant. This test is not done on pregnant women.

When should I arrive for my appointment?

You will need to arrive at least 60 minutes before your appointment time to check in and complete paperwork.

What happens during my test?

Small pads or patches called electrodes will be put on your chest. Wires connect the pads to an ECG (electrocardiogram) machine. The machine records the electrical activity of your heart.

You will lie on a special table. The table will move you through the center of the doughnut-shaped CT scanner.

As you are moved through the scanner, you will need to stay as still as possible. You may be asked to hold your breath for a few seconds as each picture is taken.

Most scans take 5-10 minutes.

What happens after my test?

You can usually go back to your normal activities and eat the food you normally eat.

Results will be given to your referring doctor in about 2-3 days.