

CT CHEST HEART WITHOUT CONTRAST – CORONARY CALC

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic
1230 East Main Street, Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Diagnostic Imaging Department.

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

What is a CT Chest Heart without Contrast – Coronary Calc:

This test is a specialized x-ray of your heart to determine the amount of calcium in the arteries of your heart.

How do I prepare for the test:

- Before scheduling your test, please tell your provider if you are pregnant or think you may be pregnant.
- Six hours prior to your scan time, **avoid caffeine and nicotine products** as these will affect your heart rate.
- Please do not use any lotion prior to exam.
- There are no dietary restrictions for this test.
- Continue to take your normal medications.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- If you wear a glucose monitor, you will be required to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their imaging appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.

What will happen during the test:

- The CT scanner is a large machine that is shaped like a donut.
- You will be asked to undress and a gown will be provided.
- You will be asked to remove any jewelry and/or piercings from this area.
- You will be asked to lie on your back on the scanning table and your arms will be placed above your head.
- Your test will take approximately 20 minutes once in the scan room.

Instructions for after your test:

- The final signed report will be sent to the provider that ordered your test.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.