

medication you will have been given should not make you drowsy, so if you intend to drive home after your recovery you will be able to do so.

Getting your results

The pictures taken are reported by a Radiologist and may take up to 14 days to be processed. Following this, your clinician will contact you to go over the results and plan any further investigations and treatment that you may need.

Coronavirus measures

Given the current COVID-19 pandemic there are measures in place in our hospitals and at all healthcare appointments to ensure the safety of you, other patients and our staff. You are asked to:

- please arrive at your appointment on time (do not attend early or late)
- attend alone where possible unless you require support
- not attend your appointment if you have any symptoms of COVID-19, or if you have tested positive for COVID-19, or if you have been asked to self isolate by Test and Protect or via the Protect Scotland app.

You will be required to follow our safety instructions at our premises.

Further enquiries

If, after reading this leaflet, you have any questions about the procedure please contact the hospital by telephoning (01851) 704704 and ask for the Ambulatory Care Unit.

Ambulatory Care Unit staff will then be able to help you with any further queries you may have.

Further information and help

For further information please contact:

Ambulatory Care Unit
Western Isles Hospital
MacAulay Road
Stornoway
Isle of Lewis
HS1 2AF
Tel. 01851 704704
www.wihb.scot.nhs.uk

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website feedback section at:
www.wihb.scot.nhs.uk or share your story at:
www.careopinion.org.uk or 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Cardiac CT Scan



Advice for patients and their carers

Introduction

Your clinician has referred you for a CT scan of your heart and coronary arteries (the blood vessels which supply blood to the heart muscle).

This examination is designed to identify any limitations to the flow of blood through the vessels to allow appropriate further investigation and treatment to be undertaken.

Preparing for your scan

In order to obtain good quality pictures of the blood vessels it is important that your heart rate is not too fast.

Prior to attending for the appointment there are a number of things you can do to assist in achieving the best heart rate for your scan as follows.

DO NOT take any stimulants for 24 hours before your scan including:

- **Nicotine** (smoking, patches or gum)
- **Caffeine** (coffee, tea, green tea, coke, etc.)
- **Energy drinks** (e.g. Red Bull, Monster, etc.)
- **Chocolate**
- **Alcohol**

You should also **AVOID**:

- vigorous exercise for 24 hours before your scan
- solid food for 4 hours before your scan

It is also important to avoid dehydration before your scan so please drink plenty of water both the day before and on the day of the scan.

You will be asked to hold your breath for

approximately 10 seconds during the scan. This is important as it will allow better pictures to be taken. You may want to practice holding your breath for this length of time before coming to your scan appointment.

Please remove necklaces before coming to your appointment as these will interfere with the picture quality.

Your medication

The clinician organising the scan may prescribe some medication for you to take for a few days before your scan and on the morning of the scan.

It is essential to ensure that these medications are taken as prescribed, as they will allow your heart rate to slow down on the day of the test ensuring better pictures.

If you normally take a medication called Metformin (Glucophage) you should **not** take it on the day of the scan as well as the two days after the scan.

If you take Viagra (Sildenafil) or other similar medication (e.g. Tadalafil/Cialis or Vardenafil/Levitra), you should avoid taking these for 72 hours before the scan.

Please Note.

You should take your other prescribed medications as normal, unless instructed not to by the clinician.

What to expect on the day of your scan

- You should report to the Ambulatory Care

Unit at Western Isles Hospital at your appointment time. (The Ambulatory Care Unit will be clearly signposted and is located to the far right of the main hospital entrance).

- Ambulatory Care Unit staff will complete some preliminary questions and a brief examination. They will also place a small cannula in your arm to allow a dye to be injected at the time of the scan (this lets us see the blood vessels more clearly).
- You will then be taken to the scan room to allow the procedure to be undertaken. If your pulse rate is too fast you may be given a dose of medication into the vein to allow it to slow down further for the scan. You will also receive a tablet under the tongue to allow the coronary arteries to open up so that better pictures can be taken.
- Occasionally we will be unable to proceed with the scan (for example if your heart rate remains too fast in spite of the medication you are given). If this is the case, we will inform you and your clinician and an alternative appointment or a different test will be arranged.
- The scan itself will only take a few minutes to perform after which you will return to the Ambulatory Care Unit to be monitored until we are sure that the effects of your medication have worn off and it is safe for you to leave the hospital.
- You should expect to be at the hospital for about two hours, although this timescale cannot be guaranteed.

Getting home after your scan

Following your scan and a suitable recovery time, you will be able to go home. The