

CT CALCIUM SCORE

OVERVIEW

A CT calcium score helps determine the amount of calcified plaque in your heart. Some patients may have plaque without experiencing any symptoms. Your doctor may recommend a CT calcium score if you meet certain risk factors, including:

- Family history of heart disease
- Obesity/overweight
- High cholesterol
- Current or past smoker
- Inactive lifestyle

PREPARING FOR YOUR TEST

Preparation for this test is relatively simple:

- No caffeine 12 hours before your test
- Avoid exercise and strenuous physical activity before the test
- Do not take antihistamines or Sudafed 12 hours before your scan

Please plan to arrive 30 minutes prior to your appointment at The Christ Hospital main campus or 15 minutes prior to appointment if your appointment is at an outpatient center.

WHAT TO EXPECT DURING YOUR CT CALCIUM SCORE TEST

You'll be asked to lay on a CT table. This table will slowly move into the CT machine where the tech can capture images of your heart. Your heart rate is also monitored. These images will be closely evaluated to determine your calcium score. The entire procedure may take about 15-30 minutes, but the time in the CT scanner is only a few minutes.

AFTER YOUR TEST

Your cardiologist will discuss your calcium score with you. Scores can range from 0 to over 400. The lower, the better. Your doctor will discuss a treatment plan with you based on your score and risk factors. Treatment may include:

- Lifestyle changes (healthy eating, more exercise, etc.)
- Daily aspirin
- Cholesterol lowering drugs