



Patient Instruction Sheet for CT Calcium Scoring (CACS) 75571

Cardiac CT for calcium scoring is a safe, quick, screening tool that may be ordered by your physician if you have risk factors for coronary artery disease (CAD). The goal of this test is to detect possible coronary artery disease while there are no symptoms. Coronary calcium scoring detects any calcified plaque in the arteries supplying blood to the heart documenting the presence of atherosclerosis (hardened plaque). Plaque is a build-up of fat and other substances, including calcium, which can cause narrowing or blockages of arteries. Those with a greater amount of calcified buildup have a greater chance of a heart attack in the future.

The major risk factors for CAD include:

- Abnormally high cholesterol levels
- A family history of heart disease
- Diabetes
- High blood pressure
- Cigarette smoking
- Being overweight
- Being physically inactive
- Men over age 40 years
- Women over the age of 60 years or are postmenopausal

No special preparation is necessary in advance for this cardiac CT. You may take your usual medications.

When you arrive for the exam you might be asked to change into a gown and remove any jewelry that may interfere with the scan. You will then be asked to lay on an exam table that will move through a large donut shaped opening in the CT scanner. The exam will take approximately 3 minutes.

This Cardiac CT exposes you to a limited amount of radiation, the equivalent to approximately 2 chest x-rays. Pregnant women should never have a CT for calcium scoring. If there is any possibility that you may be pregnant inform the technologist or nurse.

Please arrive 15 minutes early to your appointment to allow time to check in.

It is important that you arrive in a timely fashion and prepared for your test. Tardiness may result in rescheduling so that other patients are not inconvenienced. If you request or your insurance requires you to have testing at another facility, we would be happy to help arrange this test at your preferred provider's location.

****Please call (907) 561-3211 to reschedule or cancel your appointment. ****

Location:

**3841 Piper St. Suite TLL-10, Anchorage AK
3125 E Meridian Park Loop, Wasilla AK**

**___ LOWER LEVEL NEAR ELEVATORS
___ FIRST FLOOR**

Your Appointment Time & Date: _____

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