

INFORMATION FOR PATIENTS

Calcium score CT scan

This leaflet aims to explain the procedure and answer any queries you may have.

Your cardiologist has advised you to have a CT scan. This will give detailed information about the blood vessels around your heart, allowing decisions to be made regarding any further treatment.

The results of this calcium score CT scan will determine whether you need to proceed to a cardiac CT scan. If necessary an appointment will be sent to you.

CT stands for computed tomography and simply refers to the technology of the equipment. CT is a scanning technique which uses x-rays to produce cross sectional images of the relevant part of the body. It can be used to diagnose many conditions and also monitor the success of treatment.

You will need to contact us if:

- Your weight exceeds 30 stones (200 kilograms).
- You are pregnant.
- There is any possibility that you may be pregnant.

If you need transport to the hospital please contact your GP to arrange this.

Please leave any valuables at home. You are responsible for all personal items you bring into hospital and the Trust cannot accept responsibility for their loss or damage.

On the day of your appointment

You may eat and drink normally. Your cardiologist may have prescribed medication to settle your heart rate. This is only required if you need to return for the cardiac CT and should **not** be taken when attending for his examination.

The procedure

You may be asked to change into a gown. A radiographer will then take you into the scan room and explain the procedure to you in more detail.

You will be transferred to the scanner table and ECG leads will be attached to your chest. These are linked to the scanner and enable us to see images coinciding with your heartbeat.

Before we start the scan, we will ask you to lie quietly for a few minutes to settle your heart rate. The scanner table will move through the large 'doughnut' shaped scanner. Your body is never totally enclosed, and you will be able to communicate with the CT staff through an intercom system.

The scanner couch can be lowered and patients with mobility problems will be offered assistance.

You need to lie very still while the scan is in progress, and we will ask you to hold your breath for a short time.

The actual scan time is approximately 10 minutes, but you should allow an hour for this appointment.

Risks from the procedure

Although x-rays are used to produce the images, a CT scan is considered to be a very safe procedure. Your doctor feels that any slight risk from the use of x-rays is outweighed by the information provided by the scan.

Getting your results

A calcium score CT scan is a complex examination, so no instant diagnosis can be made. The images produced are recorded digitally and reviewed by a radiologist (x-ray doctor). Depending on the outcome of this test you may be asked to return for the cardiac CT scan.

If this test is not required the results will be discussed with you at your next outpatient appointment. If you have not received your follow-up appointment within four weeks please contact your consultant's patient coordinator.

Finally

We aim to see you at your appointment time but please remember emergency patients are scanned as priority. Should there be a delay the reasons will be explained to you.

Contact us

If you need any help before your appointment date you may contact the CT Department on 01623 622515, extension 3212.

Your radiology records

This Trust is part of a group of NHS hospitals in the East Midlands that have a shared NHS radiology system, which is used by our healthcare professionals to access your radiology records.

If necessary, your radiology records may also be accessed by healthcare professionals in other NHS hospitals in the East Midlands or NHS Service Providers, to ensure you receive consistent, safe and effective clinical care and treatment, irrespective of where you receive your care.

If you have any concerns about providing information or how we use it, please discuss this with radiology staff so that you fully understand the potential impact on your care or treatment.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language,

please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

<p>To be completed by the Communications office Leaflet code: PIL202411-02-CSCT Created: February 2023 / Revised: November 2024 / Review Date: November 2026</p>
--