



What is CT Calcium Scoring ?

Without the need for an IV or for injection, this scanner quickly takes a picture of the heart and finds and measures the amount of calcium within the arteries. Calcium in the arteries reflects established atherosclerosis within the lining of the arteries, and the amount of calcium indicates the extent of this condition. Greater amounts of calcium indicate a greater likelihood of heart attack in the foreseeable future and are of assistance in deciding whether further imaging or prevention is necessary. The current charge is \$99.00 and insurance may cover the study although coverage varies from plan to plan.

## CT Coronary Calcium Scan Prep

1. **No Food or Drink:** Fast for **4 hours** (water is okay).
2. **No Caffeine:** Avoid caffeine for **12 hours** before your scan.
3. **Medications:** Take as usual with water.
4. **Clothing:** Wear a loose metal/plastic-free T-Shirt (no zippers, buttons, or jewelry).
5. **Arrival:** Arrive **15 minutes early** to check in.

### During the Scan

- The scan is quick (about 15 minutes), painless, and may require holding your breath briefly.
- You can resume normal activities immediately afterward.