

**Patient  
Information**

# Cardiac CT aftercare

## Introduction

This leaflet gives you information about aftercare following your CT scan of the heart.

## After your cardiac CT scan

You can eat and drink normally after your CT scan. We recommend that you drink plenty of fluids for the following 2 to 3 days.

The results of the CT scan will be sent to the doctor who requested the test. The doctor will contact you to arrange a follow-up appointment.

## Medication

You may have been given any of the following medication during your CT scan appointment:

- Beta blocker: Betaloc
- GTN Glyceryl Trinitrate spray
- X-ray contrast (dye)

### Beta blockers

Beta blockers are used to lower your heart rate.

If you have feelings of reduced heart rate and tiredness you should not drive or operate any other machinery until they settle.

### GTN

GTN is used to relax and widen the blood vessels in the heart, increasing the blood flow to your heart muscles.

GTN also widens the blood vessels in the rest of your body which may result in the following side effects. These are temporary and usually become less of a problem over time:

- **Headaches** - these can be helped by taking pain relief such as paracetamol. Please follow the instructions on the packet.
- **Dizziness** - if you experience any dizziness this can be reduced by sitting or lying down.

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Department

Radiology

Review due

March 2027

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### **X-ray contrast (dye)**

X-ray contrast medium or 'dye' is used to highlight the blood vessels and organs within the body making it easier to see them on the images. In a few cases an allergy to the contrast may happen up to 2 days after the injection.

If you experience any of the following symptoms, please contact your GP for advice:

- Itchy, raised rash on the skin around the site of injection or all over the body.
- Feeling sick or vomiting up to 24 hours after the injection.

### **Contact information**

If you have any problems or questions, please contact the Radiology Nurses.

#### **Radiology Nurses**

Tel: 0300 422 5152 or 0300 422 3063

Monday to Friday, 9:00am to 5:00pm

Alternatively, you can you contact your GP or NHS 111 for advice.

#### **NHS 111**

Tel: 111

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>