

JOHNS HOPKINS MEDICAL IMAGING

Cardiac CTA Imaging – Critical Patient Prep

We are asking for your assistance in optimizing patient heart rates before the cardiac CTA scan by prescribing patients pre-cardiac CT beta blockades as recommended by a pre-appointment beta blocker algorithm developed by the Johns Hopkins Cardiac Imaging section to help:



Improve imaging quality and reliability



More quickly achieve ideal heart rate of <65 bpm



Reduce patient wait time and frustration

The optimal heart rate for evaluation of the coronary arteries with coronary CT is < 65 beats per minute. Patients will receive heart rate controlling medications (metoprolol) at their coronary CT appointment as needed *unless contraindicated**. Pre-medication the morning of the study may be helpful to reduce resting heart rate and minimize patient wait times.

Suggested regimens for pre-procedural heart rate control and relative contraindications are below:

Please supply patient with Rx and instructions to take two hours before their cardiac CT exam:

- Resting heart rate <60 bpm or patient already on beta blocker therapy: not indicated
- Resting heart rate 60-65 bpm: 25mg oral metoprolol, once
- Resting heart rate 66-70 bpm: 50mg oral metoprolol, once
- Resting heart rate >70 bpm: 75mg oral metoprolol, once

*Relative contraindications include:

- Active airway disease (asthma or COPD)
- Hypotension (systolic blood pressure <100 mmHg)
- Second or third degree AV block. Significant 1st degree AV block (PR>0.24 sec). 1st degree AV block combined with left or right bundle branch block
- Recent use of cocaine
- Allergy

We greatly appreciate your referrals to Johns Hopkins Medical Imaging and thank you for your support and cooperation. Please do not hesitate to directly contact me with any questions or concerns, whether about the beta blocker recommendations or any feedback you have for our cardiac imaging services.

Sincerely,

Stefan Zimmerman, M.D., Professor, Diagnostic Imaging Division Chief

Stefan.Zimmerman@jhmi.edu, 410-370-8950 (mobile)

Clear Results, Compassionate Care

To schedule, call 443-997-7237

Or visit us at hopkinsmedicine.org/imaging/mychart



JOHNS HOPKINS
MEDICINE