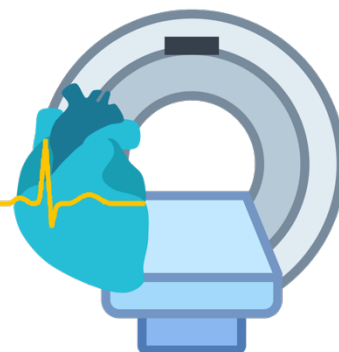


# JOHNS HOPKINS MEDICAL IMAGING

## Cardiac CTA– New Recommended Heart Rate

In order to provide you and your patients with high-quality imaging results that you can trust, we are revising our recommended optimal heart rate for evaluation of the coronary arteries with coronary CT to <60 beats per minute.

To achieve this optimal heart rate before the Cardiac CTA scan, we ask for your assistance by prescribing heart rate lowering medication. Premedication helps obtain high quality images and, on average, shortens patient wait times by 65 minutes.



Patients who are not prescribed medication before their appointment may need to receive it upon arrival which could cause 1-2 hours wait for full effect. For patients with contraindications, irregular, or persistently elevated heart rates, the Cardiac CTA exam may be technically limited or not feasible.

We sincerely appreciate your cooperation to ensure patients can receive quality imaging results.

Suggested regimens and relative contraindications by the Johns Hopkins Cardiac Imaging faculty:

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 tartrate, once
- Resting heart rate 66-70 bpm: 50mg oral metoprolol tartrate, once
- Resting heart rate >70 bpm: 75mg oral metoprolol tartrate, once

Relative contraindications include:

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

\* For patients with active airway disease (asthma or COPD), consider 15 mg oral ivabradine once, 2 hours prior to exam (ineffective in atrial fibrillation)

For any questions or concerns about heart rate lowering medication recommendations or feedback on cardiac imaging services, please do not hesitate to contact me directly.

Sincerely,

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