

Your Guide To: **CARDIAC PET SCAN**



HOW DO I PREPARE FOR THE TEST

YOU MAY NOT HAVE CAFFEINE FOR 24 HOURS PRIOR TO THE TEST. This includes caffeinated soft drinks, tea, coffee (including decaf), chocolate, Excedrin, Anacin, Butalbital, Fioricet, and some other migraine medications.

Call if you are unsure about what medications you can take.

DO NOT EAT OR DRINK 6 - 8 HOURS BEFORE THE TEST

If you are scheduled for blood work on the same day, you must not eat or drink anything after midnight. If you are a diabetic, you may bring a snack and your medications to take once instructed.

Call if you are unsure about your diabetes medication.

Aggrenox should be held 48 hours before the test.

Take no Theophylline based medications 24 hours prior to the test. Some of these medicines are:

- Pentoxifylline
- Theo-Dur
- Trental
- Theophylline
- Theolair
- Uniphyl

Medication should be taken as instructed by your physician or nurse when testing was scheduled.



WE UNDERSTAND THAT INSTRUCTIONS ABOUT MEDICATIONS CAN BE CONFUSING.
Please call the office in advance if you have any questions about what medicines you should take on the day of the test.

It may be necessary for you to undergo a pregnancy test prior to the nuclear perfusion study. This will be reviewed when you arrive in the nuclear medicine department for your procedure.

WHAT SHOULD I WEAR

You should dress comfortably. Loose two-piece clothing should be worn to the test. The camera room is kept at a cool temperature, consider layering or bringing a blanket.

WHAT TAKES PLACE DURING THE PROCEDURE?

An IV will be started in your arm, you will be connected to an ECG monitor and a blood pressure cuff will be placed on your arm. You will be monitored the entire time the test is being performed. The PET scanner is very much like a CT scanner. You will lie on your back with arm raised over head on the PET scan table. A radioactive tracer is injected for pictures of your heart in a resting state. You will not feel any different after receiving this tracer. These pictures will take about 15 minutes. After the rest pictures, a medicine which mimics exercise will be given to perform the stress portion of the test along with a second injection of radioactive tracer. If you notice any changes in the way you feel while you are receiving this medication, please notify the person who is closely monitoring your test. Stress pictures will start immediately upon the completion of this medication and take about 10 minutes. The entire test takes about 45 minutes. If you take medications for anxiety or claustrophobia, you can take these before you arrive.

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WHAT IS A CARDIAC PET EXAM?

Cardiac Positron Emission Tomography (PET) exams help to evaluate heart health by measuring the blood flow brought by the coronary arteries to the heart muscle. Doctors use cardiac PET scan to safely and accurately identify the presence or absence of coronary artery disease in those who have symptoms or risk factors. Exam results can also indicate if follow up treatment is needed. If you are already being treated for a heart-related condition, your physician can use the results to help manage your treatment plan.

IS THE STUDY SAFE?

Cardiac PET procedures are generally very safe, and complications are rare. Our well-trained professionals adhere to all required guidelines and are equipped to handle any situation that may arise. The radiation that you are exposed to with this test is very minimal and will disappear by the time they test is completed. Therefore, the benefit of the test greatly outweighs the risk from radioactivity.

WHAT DOES THE STUDY DETECT?

This study can be used to detect the presence of coronary artery disease (CAD) and how it affects your heart. CAD is caused by a buildup of fatty materials in your arteries. This buildup blocks the blood flow that your heart needs to function properly.

WHEN WILL I GET RESULTS?

Once you have completed your study, before you leave the clinic, we will let you know when and how you can expect to receive your results.

PLEASE NOTE!

If you are not properly prepared, we may have to postpone your study. Please read the contents of this brochure and follow all directions.

Be sure to have all of your questions answered to ensure that the process goes smoothly.

If there is any chance that you could be pregnant, please inform the technologist performing the test immediately.