

# Your Guide To: **Cardiac PET Exams**



## **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. For decades, doctors have used cardiac PET scans 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.

## **How do I prepare for a cardiac PET exam?**

Please adhere to the following instructions to prepare for your exam:

- Do not eat or drink anything for 6-8 hours before your test.
- Avoid caffeine for 24 hours before your exam. (chocolate, soda, tea, coffee or Excedrin)
- You may be asked to temporarily stop taking certain medications.  
**It is very important that you check with your doctor BEFORE discontinuing any medication.**
- You will be asked if you have any allergies.
- Plan to bring a list of all your medications to the exam.

## **What can I expect during a cardiac PET exam?**

Our trained staff will be with you throughout the procedure, filling you in on what to expect and setting you at ease:

- Most cardiac PET exams take about one hour.
- We will ask questions about your medical history. Be sure to report all medications you are taking.
- You will be asked to lie down on a scanning table made especially for the PET camera.
- Medication will be administered through an IV line in a vein in your arm. Small pads called electrodes will be placed on your chest so that we can monitor the electrical activity of your heart. A small amount of a radioactive drug will be given through your IV line. This lets the PET camera capture pictures of your heart..

## **How are the results determined?**

Our expert physicians will review the pictures of your heart to assess blood flow to your heart muscle and to look for any heart muscle damage. You will need to schedule an appointment with a physician to obtain your results.

# Your cardiac PET exam **is scheduled for:**



DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

Be sure to follow instructions to prepare for your exam:

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- No eating or drinking for 6-8 hours before your exam.



How to dress:

**Please adhere to the following instructions to prepare for your exam:**

- Wear comfortable, two-piece clothing (top & bottom)
- Leave jewelry at home
- Dress in layers (in case you get too cold or warm)