

# YOUR GUIDE TO Cardiac PET Scan

## IMPORTANT

*Please read all contents of this flyer and follow all directions.  
Please have all your questions answered to ensure this process goes smoothly.  
If you are not properly prepared, we may have to postpone your study.*

### EXPERIENCE CLAUSTROPHOBIA?

If you experience claustrophobia, please call your clinic to speak to a nurse about your test.



### MAY BE PREGNANT?

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

## HOW TO PREPARE FOR YOUR 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 SIX 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, Theophylline, Theo-Dur, Uniphyll, Theolair, Trental.

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.**

*Without a 24-hour notice of cancellation, you will be billed \$75 per CIS' no show policy.*

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### **What should I wear?**

You should dress comfortably. Loose two-piece clothing is important.

### **What takes place during the procedure?**

An IV will be started in your arm and will remain in place throughout the study. You will be hooked up to an EKG machine and blood pressure cuff and will be placed on the table of our PET camera with your arms raised above your head. A Radioactive material will be injected for pictures of your heart in a resting state. You will not feel any different while receiving the radioactive material. These pictures take about 10 minutes. After the rest pictures, a medicine which mimics exercise will be given for what is considered the stress part of the test. You will be monitored the entire time the test is being performed. 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 while you are receiving this medication and takes about 5 minutes. The pictures will be checked for quality before you leave and then are sent to your physician to be reviewed.

### **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.

### **Is the study safe?**

Only a small amount of radioactive material is used for the scan and it is short-lived, meaning that it disappears by the time the test has finished. Therefore, the benefit of the test results greatly outweighs the risk from the small amount of 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.

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