



CARDIAC PET STUDY – Patient Instructions

A Cardiac PET Study is a non-invasive imaging test used to detect whether areas of your heart muscle are getting enough blood, if there is damage or scar tissue in the heart, or if there is a build-up of abnormal substances in the heart muscle. The blood flow to your heart at both rest and stress are assessed. **The total time for the procedure is approximately 1-2 hours**, including potential downtime/waiting room.

Please check in at the main clinic reception area (Suite A) 15-minutes prior to your appointment time.

- Please bring your insurance card(s) and any required co-payment or remaining deductible amount you may be responsible for at the time of service.
- A signed consent form must be on file prior to the procedure.
- There will be a \$100 fee for missed or same-day cancellation of appointments.

Patient Preparation

- Do not eat within 4 hours prior to your arrival time. Any meals prior to that time should be light. *(If you are diabetic, eat your meals as normal, unless otherwise instructed by your physician.)*
- You are allowed to drink water as desired until the time of your procedure.
- **Caffeinated beverages are NOT allowed within 24 hours of your exam. Note – Decaffeinated products contain caffeine.**
- Bring your medications or a list of them with doses.
- Beta-blockers, nitrates, and theophylline based medications are commonly held for this test.
- **If you have an inhaler – use it as directed and bring it with you.**
- You should wear loose fitting clothing for your comfort (short sleeve preferably). Avoid wearing jewelry or clothes with metal fasteners or zippers, as well as underwire bras. Because it may be cooler in the room, you may also bring a sweatshirt or sweater if you choose.

Procedure

- An IV will be started and EKG patches placed on your chest in order to monitor heart rhythms during the test. You will be lying down and asked to rest both arms above your head while images are taken for approximately 25 minutes.
- An imaging material (Rubidium) will be injected through the IV while your heart is in a resting stage. Scanning of your heart will show where the Rubidium is able to circulate.
- A stress medication will be given through the IV and then another dose of the Rubidium will be administered. Additional scanning will occur to show where the Rubidium is able to circulate throughout your heart while stressed.
- Throughout the exam, your heart rhythms and blood pressures will be monitored.

After Your Procedure

Normal activity may be resumed immediately following the test. Please call our office at (360) 754-1737 if you have any questions/concerns prior to your test.

Your PET Scan is scheduled on: ____/____/____

At: ____:____ AM / PM

Your follow-up is scheduled on: ____/____/____

At: ____:____ AM / PM

I have reviewed the patient instructions and any questions have been answered to my satisfaction.

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Patient Signature

Date

Staff _____



ADDITIONAL INFORMATION FOR PATIENTS

Unless otherwise instructed by your physician, the following should be avoided 24-hours, or 1-day, prior to your test:

Beta Blockers		Long Acting Nitrates	
Betaxolol	Toprol XL	Nitrodur	Imdur® (Isosorbide Mononitrate)
Blocardren® (Blocardren)	Penbutolol	Nitropaste	Isurdil® (Isosorbide Dinitrate)
Coreg® (Carvedilol)	Monacor® (Bisoprolol)	Cialis	Transderm Nitro patch
Corgard® (Nadolol)	Labatalol	Viagra	Minitran
Inderal® (Propranolol)	Tenormin® (Atenolol)	**Aggrenox should not be taken 48-hrs prior to test	
Sectral®, Monitan® (Acebutolol)	Lopresor® Betaloc® (Metoprolol Tartrate) or (Metoprolol Succinate)		

Drugs containing Caffeine:

Over-the-Counter: Anacin®, Excedrin®, No Doz®

Prescription: Esgic® (all forms), Fioricet®, Fiorinal® (all forms), Norgesic™, Synalgos-DC®, Wigraine® (all forms), Cafergot® (all forms)

Food and Drinks Containing Caffeine: (Includes but not limited to)	
<ul style="list-style-type: none"> Coffee: Instant, Brewed, Decaffeinated Colas, regular and diet Chocolate Milk Hot Cocoa Mountain Dew, Mr. Pibb, Dr. Pepper Root Beer, Orange soda, Mellow Yellow Energy Drinks 	<ul style="list-style-type: none"> Tea: Instant, Brewed, Iced Chocolate Candy Chocolate Pudding Chocolate Cake Brownies Diet Pills

Please do not take 72-hours (3-days) prior to your test:

Drugs containing Theophylline		
Aeorlate	Theo-24®	Constant-T®
Elixophylline®	Theoclear®	Theo-Dur®
Primatene® (tablets)	Theolair®	Quibron® (all forms)
Respidid®	Theophylline	Theo-Organidin®
Slo-bid®	Theo-Sav®	Slo-Phylline®
T-HYPL®	TheoX™	Theostat®

Additional Instructions: