



Cardiovascular Medicine, P.C.

PET MYOCARDIAL PERFUSION IMAGING Patient Preparation Instructions

_____ **Davenport Diagnostic Center**
2nd Floor, Genesis Heart Institute
1236 East Rusholme
Davenport, IA 52803
(563) 324-2992

_____ **Moline Diagnostic Center**
1100 36th Avenue
Moline, IL 61265
(309) 743-6700

Your test is scheduled on: DATE: _____ TIME: _____

- **Please read these instructions carefully. Failure to follow these instructions may require the test to be rescheduled.**
- **If you need to cancel or reschedule this test you MUST call 48 hours prior to your appointment time.**
- **If your insurance has changed since the time your test was scheduled, please check with your current insurer to see if test pre-certification is required.**

What is a cardiac PET stress test?

A positron emission tomography (PET) scan is a type of imaging test that helps determine how your heart is functioning. The test involves injecting a small amount of a radioactive medicine into a vein of your arm. This test is used to evaluate the blood supply to the heart muscle during periods of rest and stress. The arteries that supply blood to the heart muscle can become clogged or narrowed from the buildup of plaque. The images allow the doctor to see if the heart is receiving adequate blood supply during rest and stress. The stress test is performed with a medicine called Regadenoson. The Regadenoson mimics exercise by temporarily increasing the size of the coronary arteries.

How to prepare for the test:

- No food or drink 4 hours prior to this test. Sips of water to moisten your mouth are acceptable. If you are a diabetic, please ask your doctor about fasting and taking your diabetic medications.
- **No caffeine for 12 hours prior to your test.** Please see the back of this sheet for a list of caffeine products and medications that must be held for this test.
- You should take your medications before and after this test **unless instructed otherwise.**
- Wear comfortable two-piece clothing. Ladies will be asked to remove their bra for imaging purposes.
- If CVM does not have a current list of your medications, please bring a list of your medications or your medication bottles with you.
- If you are pregnant or may be pregnant, please discuss this with your physician prior to the test.
- Please allow 1-1½ hours for this test.

Upon arrival at the doctor's office...

A member of our staff will escort you to an exam room, explain the procedure, and ask you to sign a consent form. An IV line will be started in your hand or arm. The staff member will place electrode patches on your chest. You will be asked to lie flat on your back on an imaging table with your arms above your head. It is very important that you lay as still as possible during the test. The radioactive medicine and Regadenoson will be administered through the IV line and rest and stress images are obtained. Upon completion of the images the EKG patches and IV will be removed. When the test is complete you may resume your regular diet and routine. The test usually takes about 1-1½ hours to complete. A copy of your test report will be sent to your physician.



Products and Medications to be Held Prior to PET Myocardial Perfusion Imaging

CAFFEINE products must not be consumed for **12 hours** prior to a nuclear stress test. The following products may contain caffeine and **should not** be consumed:

Energy drinks
Coffee/Decaf Coffee
Tea/Decaf Tea
Cola/Diet Cola/Decaf Cola
Mountain Dew/Diet Mountain Dew/Decaf Mountain Dew
Mellow Yellow Orange Cola
Anacin/Excedrin/Any pain relievers containing caffeine
Any food or drink containing CHOCOLATE, such as: ice cream, yogurt, pudding, baked products, candy, cocoa, chocolate syrup and chocolate milk.

Please Note: Caffeine-Free and Decaffeinated products contain trace amounts of caffeine and must be avoided.

Medications to be held prior to regadenoson stress testing:

The following prescription medications **should not** be taken **for 48 hours** prior to your test time.

Dipyridamole (Persantine, Dipridacot), Aggrenox

Breathing medications known as xanthines **should not** be taken **for 24 hours** prior to your test time. These include:

Theophylline Slo-Bid Theo-24 Slo-Phylline
Uni-dur Theodur Uniphyl

Please Note: You should not quit taking any prescription medication without specific instructions from your doctor. If you have concerns about holding a medication, please ask your doctor prior to discontinuing the medication.