

Patient Instructions for PET/CT Stress Test

Patient Name: _____ Exam Date: _____ Time: _____

Examination to be performed: Regadenoson, PET/CT Cardiac Stress test (advance myocardial perfusion study).

You are scheduled for a Cardiac Stress test **at our Plano Imaging Clinic** on the date and time indicated above.

Your doctor has asked you to have a PET (Positron Emission Tomography) stress test. This test allows the doctor to check the blood flow to your heart muscle by taking images of the heart muscle itself. This is done by injecting an isotope called Rubidium into your veins. The isotope binds to red blood cells allowing a special camera to take images of your heart at rest and stress. These images are then studied to identify any area of your heart that may not be getting enough blood supply.

If you are unable to keep this appointment, you must notify our office at least 24 hours prior to your test. The drugs and supplies are very expensive and cannot be used for other patients. If you do not follow the cancellation policy, you may be billed \$500.00 for the cost of these supplies and drugs. These costs are not covered by your insurance plan if you do not complete your test.

12 Hours Before Your Test:

1. No Tobacco, No Caffeine (coffee, sodas, etc.).
2. No Persantine (Dypridamole, Aggrenox).
3. No Theophylline type medications (Occasionally used in the treatment of asthma and COPD).
4. No Nitrates (Imdur, Isordil, Isosorbides, Mono, Dini, Ismo, Nitro).
5. If you have questions about which medications not to take prior to your appointment, please call our office and ask to speak with your doctor's MA.

The Day of your Test:

1. NO Caffeine
2. NO Tobacco
3. Nothing to eat or drink 6-8 Hours before your test.
4. Do not take your morning medications as usual with small sips of water UNLESS otherwise instructed.
5. Diuretics or fluid pills should be avoided until after the test.
6. Wear a comfortable two-piece outfit. (You do not have to wear workout attire, jeans and a shirt are appropriate, but avoid wearing shirts with metallic buttons or zippers and please avoid wearing dresses.)
7. Please let us know if you are wearing a breast prosthesis.
8. Bring an accurate, current list of your medications and insurance card with you.
9. Please arrive 15 minutes prior to check-in.

Procedure Upon Arrival; Please allow 1 to 1-1/2 hours to complete the exam

Stress Test: A nuclear medicine technologist will start an IV in your arm or hand. You will be placed on the camera table, and rest images will be taken first. A chemical stress agent called Regadenoson will be given to you allowing the physician to evaluate the blood flow to your heart under stress conditions. EKG readings, heart rate and blood pressure will be monitored throughout the test. After the exam is completed, you can return to your normal route.