



FIRST COAST
CARDIOVASCULAR
INSTITUTE

Cardiac PET Instructions

Test Date: _____ Appointment Time: _____

*** It is essential for you to be on time for your appointment.

If you are unable to keep your appointment, please notify our office at least 24 hours in advance (904) 493-3333

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. Cardiac PET scans safely and accurately identify the presence or absence of coronary artery disease in people who have symptoms and/or risk factors.

After arriving for your appointment and reviewing your medical history, the first step will be to place an IV in a vein of your arm. You will then be asked to lie down on a scanning table made especially for the PET camera. *You will not be walking on the treadmill.* Instead, you will be given a medication called Lexiscan to increase the blood flow to your heart muscle. This medication can produce some side effects/symptoms that the technologist will go over with you before beginning. Two images depicting the blood flow to your heart will be acquired during your exam: one before the medication is given and one after. Our cardiologists will compare these two images to assess the blood flow to your heart muscle and/or to look for any heart muscle damage.

Most cardiac PET exams take less than 1 hour; however, a longer exam should not be cause for concern.

It is necessary that you **DO NOT EAT** during the 4 hours prior to your appointment time.

Doing so will cause your test to be rescheduled. **DO NOT eat after:** _____

It is also necessary that you **avoid any caffeine products: anything labeled caffeinated OR decaffeinated for the 12 hours prior to your appointment.** This includes coffee (iced, brewed, & instant), chocolate & cocoa products, tea (iced, brewed, & instant), soda pop (including those labeled as caffeine free), diet supplements (energy drinks, bars, as well as products containing guarana) and over the counter medication that is made with caffeine (Anacin, Excedrin, No-Doz, Vivarin, 5 Hour Energy, etc.)

Note: You are allowed to drink water or juice during your fasting period.

We recommend you wear a loose, 2-piece outfit. Please refrain from applying lotion or powder to your chest on test day. Women: If possible, refrain from wearing an underwire bra on the day of your test.

Note Do Not Take: Dipyridamole/Persantine and/or Aggrenox for the 48 hours prior to your test.

Please stop the use of any theophylline-based medications for 48 hours prior to your test.

Examples: Aerolate, Quibron, Respbid, Slo-bid, Theo-24, Theo-Dur, Theolair, Uni-dur, Uniphyl.