

PATIENT INSTRUCTIONS FOR PET STRESS TEST

Patient Name: _____ Date: _____ Time: _____

Examination to be performed: **PET (Positron Emission Tomography) Stress Test**

You are scheduled for a PET Stress Test at our office on the date and time indicated above.

If you are not able to keep this appointment, you must notify our office at least 2 business days 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 will be billed \$150.00** for the cost of these supplies and drugs. These costs are not covered by your insurance plan and will be **your responsibly** if you do not keep your appointment.

The PET Stress Test allows the doctor to check the blood flow to your heart muscle by taking imagines 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.

24 Hours Before Your Test

- No Tobacco, Smoking, Caffeine (coffee, sodas, tea, decaf, chocolate, etc.)
- No Persantine (brand name) Dypridamole (generic)
- No Theophylline medications (pills, capsules, injections) to treat asthma, COPD, Emphysema and Bronchitis
- No heart nitrates (Imdur, Isordil, Isosorbides, Mono, Dini, Ismo, Nitro)

IMPORTANT: Drink plenty of water the day before & morning of your test

The Day of Your Test

- No Diuretics or water pills
- Nothing to eat or drink 6 hours before your test (Except **water**)
- Please let the tech know if you are diabetic
- Wear comfortable clothes (shirt and pants)
- Avoid wearing metal (underwire bra, metallic buttons or zipper)
- Please let us know if you are wearing a breast prosthesis
- Do not take your medications, bring them with you to the test
- Arrive 15 minutes prior to your appointment
- You will be able to drive to and from the test

Procedure Upon Arrival

- Please allow 1-1½ hours to complete the test
- Our technician will start an IV in your arm or hand
- You will be placed on the camera table, the Rest imagines will be taken first
- A stress agent, Lexiscan, will be given to you, allowing the physician to evaluate the blood flow to your heart under stress conditions
- EKG, heart rate, and blood pressure readings will be monitored throughout the test

Questions

If you have questions about which medications to take or not, prior to your test, please contact our office and speak to a nurse.