

## Cardiac PET Scan

### What is a Cardiac PET Scan?

P.E.T. (Positron Emission Tomography) is one of the newest, most advanced method for your doctor to evaluate the health of your heart. The results of the scan help your doctor to decide if you have a heart related condition, and how significant the condition is. The results can be used by your doctor to plan further treatment.

☞ **Preparing for the scan:** It is very important that preparation instructions are closely followed to avoid having to reschedule the Cardiac PET scan.

- No food or drink 4 hours prior to the scan except water and medications as instructed.
- No caffeine or aspirin products 24 hours prior to the scan (including soda, tea, coffee, chocolate, energy drinks).
- No smoking or alcohol consumption 24 hours prior to the scan (including nicotine patches).
- Some medications should not be taken prior to the scan. Our staff will review these medications and instructions with you in detail.
- Please wear comfortable clothing.

### ☞ **The Exam:**

- Cardiac PET scans are completed in about an hour generally, including the resting and stress imaging.
- Please bring a list of medications so that filling out paperwork will be quick and easy.
- Trained medical staff will start by completely explaining the procedure. The staff can answer all of your questions at this time or at anytime, before, during and after the test.
- An IV line will be placed in your arm to allow the administration of medication.
- Your blood pressure and heart rate will be recorded at intervals during the exam and small electrodes will be placed on your chest to monitor your heartbeat.
- You will lie on a special scanning table.
- A small amount of radioactive medication will be given through the IV line that will allow the PET camera to take pictures of your heart and detect changes in blood flow.
- The PET camera will take pictures in two cycles: At rest & At chemical stress (stressing the heart with medication even though your heart rate and blood pressure may not increase)
- During this stress phase, the medical staff will first administer a medication either as one injection or an infusion for few minutes through your IV that will stress the heart. These medications may not cause any discomfort what so ever or may sometimes make you experience a fast heartbeat, slightly short of breath, headache, nauseous, flushed or some chest discomfort. All these symptoms generally go away within couple of minutes of stopping the medicine. Be sure to let the medical staff know if you have any of these feelings.

### ☞ **After the exam:**

- ☞ The scan information will be processed by the technologist and given to your doctor for review the doctor will then determine whether treatment or further diagnostic testing will be required based on the PET scan findings.

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