

KENTUCKY CARDIOLOGY

PLEASE READ THESE INSTRUCTIONS VERY CAREFULLY AT LEAST 24 HOURS BEFORE YOUR EXAM!

You have been scheduled for a **CARDIAC PET SCAN** on _____ at _____ am/pm. Please report to
160 N. Eagle Creek Drive, Suite 307. Our phone number is 859-226-0031 or 1-800-540-0582.

PREP INSTRUCTIONS:

- No caffeine 24 hours prior to test. This includes regular/decaffeinated coffee, tea, soda, and chocolate.
- No solid foods or any other liquid besides water for 6 hours before your test
- No nicotine for 12 hours prior to test
- Do not take any heart or blood pressure medications 24 hours prior to test. Please bring your medications with you on the day of your test
- Wear comfortable clothing
- Please do not apply lotion the day of the test. You may wear deodorant.
- If you use an inhaler, please bring it with you to the test
- Feel free to bring a snack with you to have after your test is complete. You may also bring a caffeinated beverage with you as it helps counteract medication given to you during the test.

INFORMATION ABOUT CARDIAC PET SCAN

- You will have an IV started when you arrive
- EKG electrodes will be placed to monitor your hearts electrical activity throughout the test. Your blood pressure will also be monitored periodically
- Your scan will take approximately 45-60 minutes to complete during which time you will be asked to remain still, lying on your back with your arms behind your head
- We will use the radioactive isotope Rubidium 82 to obtain images of your heart muscle. There are NO side effects to this medication other than perhaps a cool sensation as it is injected. Please note there is no dye in this, therefore adverse reactions are rare
- Next, the actual stress portion begins using a medication that increases blood flow. You may notice pressure in your head or chest, jaw discomfort, or shortness of breath. You may not notice any side effects at all. If you do, we have a medication called aminophylline that can counteract the stress agent
- When the stress test portion is complete a second Rubidium 82 injection is given and stress images of your heart are taken
- At this point your PET scan is complete. We will ask you to remain in the lobby for approximately 15 minutes to be sure you feel well and are ready to go home. You will then be able to take your daily medications

CANCELLATION POLICY

Please arrive 15 minutes prior to your appointment to complete any paperwork needed. The timing of this test is crucial and if you are more than 15 minutes late to your appointment, you may be asked to reschedule. Please give notice 24 hours in advance or as soon as possible if you need to cancel or reschedule as we have patients waiting for earlier appointment slots.

Patient Signature _____ Date _____