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Cardiac PET Stress Test Patient Instructions

- 1. No caffeine for 24 hours prior to test.** (Includes coffee, tea, cola or any **decaffeinated beverages and NO CHOCOLATE**). **If taking holistic supplements, please check active ingredients for caffeine.** Do not take **Excedrin, Anacin, caffeine tablets, or other caffeine-containing medications.**
2. Do not eat anything at least **4 hours** prior to your appointment time.
3. An IV will be placed when you arrive for your exam. **Please stay well-hydrated in the 48 hours prior to your appointment as this will aid in IV placement.**
4. Stop all nitrates, including nitrate patches for 24 hours prior to your test. (See below list more for more information).
5. Please allow 1 hour to accomplish the scan. Feel free to bring reading material or electronic devices in case there is a wait time associated with the test.
6. Please wear comfortable, loose fitting clothing: shorts or pants and a t- shirt. No metal button, zippers, or jewelry from the waist up. Do not use body lotions, oils, or powder on the chest or arms that day.
7. Please be advised, you be asked to remove everything from the waist up for your test. A gown will be provided.
- 8. If you are taking any medication that contain Aminophylline, Theophylline, Persantine (dipyridamole) or Aggrenox, please stop this medication for 24 hours prior to your appointment time.**
9. If you are diabetic and have a morning appointment, hold insulin and/or oral diabetic medication the morning of your test and bring glucometer and insulin/diabetic medication to the appointment.
10. If you are diabetic and have an appointment after 12 pm, eat a light breakfast before 8 am (no caffeinated beverages). Take insulin and/or oral diabetic medication with meal. Bring glucometer and insulin/diabetic medication to the appointment.
11. Due to the limitations of our equipment, all patients must have the ability to stand. If you are wheelchair or stretcher bound, please bring professional assistance.
- 12. If you miss your Cardiac PET Stress appointment without a 24-hour cancellation notice, there may be a \$200 charge to cover the cost of the imaging agents used for your exam**
13. If you use inhalers, please bring them with you.
14. If you are claustrophobic, please inform staff. Please bring with you any prescribed, oral medication that you routinely use to combat anxiety.
16. Please make sure to confirm at the front desk that your PCP and referring physician we have on file is accurate.

**DO NOT TAKE ANY OF THE FOLLOWING
MEDICATIONS FOR 24 HRS PRIOR TO YOUR
STRESS TEST**

VASODILATORS:

aminophylline
theophylline
persantine
dipyridamole
aggrenox
anexa

NITRATES:

nitroglycerin (glyceryl
trinitrate or GTN)
isosorbide dinitrate
isosorbide mononitrate

Patient Signature _____ Date _____