

# Getting Ready for Your PET/CT Scan!

Please note: If we are unable to reach you, you **MUST CALL WITHIN 48 HOURS TO REVIEW INSTRUCTIONS AND CONFIRM YOUR APPOINTMENT: 856-546-3006, ext. 2250**. If we are unable to speak with you regarding your scheduled appointment, we will have to reschedule your test.

## 1.) PLEASE ALLOW 1.5 HOURS FOR THE TEST.

ARRIVE 30 MINUTES BEFORE YOUR APPOINTMENT TO REGISTER.

## 2.) DO NOT HAVE ANY CAFFEINATED OR DECAFFEINATED PRODUCTS FOR 24 HOURS PRIOR TO YOUR TEST **OR YOUR APPOINTMENT WILL BE CANCELLED**

# NO

This includes beverages, food and over-the-counter drugs that contain caffeine. Please refer to the box below. You may drink only water, juice or white milk.



Caffeine and Decaffeinated Examples:	Common & OTC Drugs:
Coffee regular or decaffeinated : any kind, brewed, instant, iced	Anacin, Excedrin, Over the counter Migraine Relief medications
Tea regular, green or decaffeinated : any kind, brewed, instant, iced	Cafergot, Darvon Compound, Midol, Vivarin, No-Doz
Chocolate: milk, candy, cake, baking, cocoa, pudding, brownies, dark, baker's, semisweet, ice cream, protein drinks	Esgic Fioricet , Fiorinal
Soda: colas, Coke, Diet Coke, Pepsi, Diet Pepsi, Mountain Dew, Dr. Pepper, Diet Dr. Pepper, Tab, Jolt, Mellow Yellow, Mr. Pibb, Orange, Diet Orange, Cream, Diet Cream, Tahitian Treat, All Energy Drinks	Norgesic, Norgesic Forte Synalogs-DC Wigraine

## 3.) LET US KNOW IF YOU TAKE DRUGS FOR BREATHING WHICH CONTAIN THEOPHYLLINE.

PLEASE REFER TO THE BOX BELOW AND ALSO CHECK THE LABEL(S). THESE MEDICATIONS MUST BE DISCONTINUED FOR 48 HOURS PRIOR TO YOUR APPOINTMENT. YOU MUST CHECK WITH YOUR DOCTOR TO SEE IF YOU CAN STOP TAKING THESE MEDICATIONS.

Theophyllines:	Quibron-SR	Theochron
Aerolate	Slo-bid Gyrocaps	Theo-Dur
Aggrenox	Slo-Phyllin Gyrocaps	Theo-Dur Sprinkle
Bronkodyl	Sustaire	Theolair-SR
Constant-T	Theo-24	Theospan-SR
Elixophyllin SR	Theobid Duracap	Theovent-L.A.
Persantine(dipyridamole)	Theobid Jr. Duracap	Trental
Respid	Theoclear L.A.	Uniphyl



## 4. Fast for 4 hours before your test

You may have a light breakfast/lunch (juice, water, white milk, toast, cereal) up to 4 hours before your appointment time. If appropriate, drink a lot of water the day before your test. This is important if you have bad veins. Feel free to bring a light snack for after your stress test. Do not have anything by mouth including water 4 hours before your appointment. **If you need to any medications during this 4 hour hour period, you may do so with a few sips of water.**



## 5. All other regular medications should be taken as usual, unless otherwise directed by your physician

It is important to use inhalers or nebulizer treatments at your regularly scheduled time before your stress test. Bring your rescue inhaler with you if one is prescribed, even if you do not use it routinely. If you are oxygen dependent, please bring your oxygen with you.



## 6. Diabetic Patients

Insulin Pump: No Change

Insulin Dependent: Take half (1/2) the usual dose in the morning

Oral Medication (By Mouth): Do not take the morning of the test.



## 7. Wear a comfortable, warm, two piece outfit

Do not wear shirts with metal buttons or zippers. Women should not wear an underwire bra. Do not wear necklaces. Do not use lotions or powder on your chest or arms. Please bring a blanket for your comfort.

## 8. Do not smoke after midnight the night before your test



## 9. Please bring a list of the following:

- A list of your medications
- The prescription or other written order for your test
- Insurance card(s)
- Photo ID



**Information regarding your test: You will be required to lie on the scanner table for about 30 minutes.**

**Please review attached checklist to ensure you are physically able to complete the test.** An intravenous line will be inserted into your arm for an infusion of a radioactive material used to take resting pictures of your heart. After these initial images, you will undergo a pharmacologic stress test on the PET scanner table. A second injection of the radioactive material will be infused during the stress test and a 2nd set of pictures will be taken immediately. Our office will call you 2-3 days before your test to discuss your medications and review the instructions for the test. Again, some medications MAY interfere with the test; we will advise you what medications not to take, if any.

**Call us at 856-546-3006, ext. 2250 if you have any questions or concerns prior to your test.**