

# PATIENT INSTRUCTIONS FOR PET STRESS TEST



*Southwest*  
Cardiovascular Associates

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Patient Name: \_\_\_\_\_ Exam Date: \_\_\_\_\_ Time: \_\_\_\_\_

Examination to be performed: Lexiscan, myocardial perfusion study (Cardiac Stress Test).

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

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If you are unable 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 may be billed \$150.00 for the cost of the supplies and drugs. These costs are not covered by your insurance plan if you do not keep your appointment.

Your doctor has asked you to have a PET (Positron Emission Tomography) stress test. This test allows the doctor to check the blood flow to your heart muscle by taking images 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. Our Physicians then study these images to identify any area of your heart that may not be getting enough blood supply.



## 12 Hours Before Your test

- **NO** Tobacco, **NO** caffeine (coffee, sodas, tea, decaf, chocolate, etc).
- **NO** Persantine (brand name) Dipyridamole (generic).
- **NO** Theophylline medications, pills, capsules on injections which treat symptoms of asthma & other lung problems such as C.O.P.D., emphysema and bronchitis.
- **NO** heart nitrates (Imdur, Isordil, Isosorbides, Mono, Dini, Ismo, Nitro).



## IMPORTANT

**NO TOBACCO**

**NO CAFFEINE (COFFEE, SODAS, TEA, DECAF, CHOCOLATE, ETC.)**

**DRINK PLENTY OF WATER THE DAY BEFORE YOUR TEST**



## The day of your test

Diuretics or water pills should be avoided before your test.

- Nothing to eat or drink 6 hours before your test, **including water**.
- Take your morning medications as usual **UNLESS** otherwise instructed.
- Wear comfortable clothes (shirt & pants).
- Avoid wearing the following: shirts with metallic buttons or zippers, a front closure or under-wire bra.
- Bring a small blanket with you in case you get cold.
- Bring a current list or bottles of your medications with you.
- Please arrive 15 minutes prior to your appointment time.
- You can drive yourself to and from the test. There is no down time.
- Please let us know if you are wearing a breast prosthesis.



## Procedure Upon Arrival

Please allow 1 to 1-1/2 hours to complete the exam.

**Stress Test:** A nuclear medicine technologist will start an I.V. in your arm or hand. You will be placed on the camera table, and rest images will be taken first. A stress agent called Lexiscan will be given to you allowing the physician to evaluate the blood flow to your heart under stress conditions. EKG readings, heart rate and blood pressure will be monitored throughout the test.



## Questions:

If you have questions about which medications to take or not to take prior to your appointment, please call our office and ask to speak with a medical assistant.

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