

# CARDIAC PET STRESS TEST INSTRUCTIONS

Woodholme Cardiovascular Associates - 1838 Greene Tree Road, Suite 535. Pikesville, MD 21208

Patient's Name: \_\_\_\_\_

Date of Test: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

## Testing Procedure

1. A Nuclear Medicine Technologist will explain the test, obtain written consent, and start an IV.
2. Electrocardiogram (ECG) electrodes and leads will be placed on your chest to monitor your heart.
3. You will be asked to lay on your back on the PET scanner.
4. A small amount of nuclear tracer will be injected. The tracer is used to image blood flow to your heart. There are no common side effects associated with the tracer. The first set of images will be acquired.
5. The stress phase of the exam is usually performed with a pharmaceutical that makes your heart respond as if you were exercising. The pharmaceutical will be injected through the IV.
6. A second injection of the tracer will be given during the stress phase and the second set of images will be acquired.
7. Once all images are acquired you will be free to leave.

**\*\*Please call (410) 484-2512 BEFORE entering the building. When we are ready for your test, please report to SUITE #250 to register. We are only allowing patients into Suite 250. All guests or visitors must remain in the hallway or lobby\*\***

## Instructions

1. **Do not eat or drink 4 hours prior to your appointment time, except enough water to take your prescribed medicine as instructed by your physician.**
2. Do not take medications containing Theo-Dur or Theophylline (used for server COPD) for 24 hours. Discontinue Viagra, Levitra or other sexual stimulants for 24 hours prior to the test. Do not use Cialis for 48 hours prior to the test.
3. Diabetics scheduled before 12:00PM: Patients taking insulin should take half (1/2) dose of insulin the morning of the test, drink a small glass of juice and eat one slice of toast with butter or jam prior to 7:00AM. Bring a snack. You may take the rest of your insulin when the test is complete. Patients taking oral diabetes medication should not take it the morning of the test, bring it with a snack to have after the test.
4. **Do not have any caffeinated or decaffeinated products for 12 hours before the test, (regular coffee, decaf coffee, tea, soda, chocolate, energy drinks, power bars, diet drugs, or anything that has caffeine) or the test may need to rescheduled.**
5. Please bring a current list of your medications.
6. You must bring a medical prescription/order from your referring physician for this test. If your insurance requires a referral it is the patient's responsibility to bring this the day of the test or ensure that your doctor's office has faxed it to us in advance of your appointment.
7. Please wear a two-piece outfit with no metal in the chest area.
8. You may bring a snack with you to have after you have finished your test. **This test will take 1 hour.** Please do not bring any valuables.
9. Please arrive **15 minutes early** for your appointment. If you need additional instructions, please call 410-469-4000.
10. A **\$150** fee will be assessed to your account if you "No-Show" or cancel your appointment within 24 hours.