



cardassoc.com
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What is a Cardiac PET ?

A Cardiac PET/CT (Positron Emission Tomography/Computed Tomography) study is the fastest most accurate way to detect many types of heart disease and heart abnormalities that could potentially lead to a heart attack. A PET/CT is a non-invasive study that not only helps your physician diagnose a problem; it also helps them predict the likely outcome of various therapeutic alternatives, pinpoint the best approach to treatment, and monitor how well you are progressing. The scan is performed on a General Electric Discovery ST, the area's only dedicated Cardiac PET/CT.



What do I need to do to prepare?

- Beginning 12 hours prior to your scheduled test **drink water only**, do not consume any products that contain caffeine or are decaffeinated. This includes regular or decaf coffee, tea, sodas (Coca-cola, Pepsi, Mountain Dew, Sunkist, Mello Yellow, etc.), energy drinks, chocolate products, or medications with caffeine.
- Do Not Eat four (4) Hours prior to the test.
- If you are diabetic, particularly if you use insulin, you will need special instructions from your physician
- Women under 50 will be asked to sign a non-pregnancy form or take a pregnancy test.
- An explanation of the test is provided and you will be asked to sign a consent form.
- **Drink a minimum of 16 oz of water**, or more, before the test.
- Specific heart medications may need to be stopped one to two days prior to the test. These instructions will be provided when the test is scheduled.
- Take other medications with water only on the day of the test. It is okay to resume your regular medication following the completion of the test.

What to expect during the test?

You will receive a radiopharmaceutical injection that provides the contrast for your images. When it is time for the scan to begin, you will lie on a comfortable table that moves slowly through the ring-like PET/CT scanner as it acquires the information it needs to generate images. You will be asked to lie very still, because movement can interfere with the results. The exam/scanning will last between 30 and 45 minutes.

If you have claustrophobia or issues with confinement in small spaces, please discuss this with your doctor as he may decide to order mild sedation for the test and you will need to have someone drive you home. Please allow a minimum of two hours for the entire test, including preparation. The actual exam/scanning will take 30-45 minutes.

What to expect after the test?

After the scanning is complete you will be able to go home and resume normal activities, provided our physician does not see a need for acquiring additional information. Also, unless you have received specific instructions otherwise, you will also be able to eat and drink immediately afterward. Your scan results will be prepared for review and the findings forwarded to your physician who will follow up with results.