

CARDIAC PET LAUNCH KIT



Cardiac PET Stress Test Patient Instructions

Date: _____ Time: _____

- ✓ **NON-CAFFEINATED CLEAR LIQUIDS ALLOWED the morning of your appointment.**
- ✓ **NO SOLID FOOD 4 HOURS PRIOR TO APPOINTMENT TIME.**
- ✓ **NO COFFEE, DECAF COFFEE, TEA, DECAF TEA, HERBAL TEA, SODA, CAFFEINATED BEVERAGES, OR CHOCOLATE FOR 12 HOURS PRIOR TO YOUR APPOINTMENT TIME.** Do not take **Excedrin, Anacin, caffeine tablets, or other caffeine-containing medications** for 12 hours prior to your appointment time.
- ✓ An IV will be placed when you arrive for the exam. Please stay well-hydrated in the 48-hours prior to your appointment as this will aid in IV placement.
- ✓ Stop all nitrates, including nitrate patches, 24 hours prior to your test. (See attached list for more information).
- ✓ 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.
- ✓ 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.
- ✓ Please be advised, you be asked to remove everything from the waist up for your test. A gown will be provided.
- ✓ **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.**
- ✓ 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.
- ✓ 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.
- ✓ If you use inhalers, please bring them with you.
- ✓ If you are claustrophobic, please bring with you any prescribed, oral medication that you routinely use to combat anxiety.
- ✓ Please bring a current list of your medications including dosages.

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