

## How to Prepare?

**Do not** eat or smoke for at least 4 hours before your scheduled test

**Do not eat or drink food or beverages containing caffeine (chocolate, coffee, tea, cola drinks) for 24 hours prior to the test.**

Even decaffeinated coffee or tea contains some caffeine and may interfere with the test

**Take your prescribed medications** on the day of the test, *except*

) Dipyridamole

) Theophylline

) Pentoxifylline

) Oral medications for diabetes, since you will not eat prior to the test (please bring them with you and take them after you eat after the test)

) If you take **insulin**, please take only **one-half the usual dose** the evening before your appointment

If you have any questions, please check with your doctor prior to the test.



# Cardiology and Transplant Associates



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## PET Scan Information Brochure

Appointment Date and Time

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## PET Scan

Your physician scheduled a test called **PET Scan**. The test consists of 3 parts: (1) resting imaging, (2) stress and (3) post-stress imaging. The stress part can be performed by giving you a medicine that simulates the effect of exercise on your heart (chemical stress). Before each imaging part you will be given an intravenous injection of a small amount of radioactive substance (nuclear isotope). Neither this substance nor the amount of radioactivity it emits is harmful to the body. You will be asked to sit or lie in a camera, which detects radioactivity of the nuclear isotope inside your heart and sends a picture to a computer. The doctor will compare the images of your heart at rest and after stress.

## What Does It Show?

PET Scan tell your physician important information, such as the following:

- ⌋ if there are any areas of the heart that receive less blood supply during stress. This may be due to a blockage in the arteries that supply these areas.
- ⌋ how well your heart pumps blood at rest and after stress

Additionally, by comparing the results of the test performed at 2 different points in time, e. g. before and after treatment, your doctor can monitor how your condition is changing with over time or responds to treatment.

## What to Expect?

Please allow approximately 2-3 hours for this appointment. You will have an IV placed in your arm and ECG leads will be placed on your chest to watch your heart rate and rhythm during the test. A resting heart imaging will be performed. Afterwards, a chemical stress will be performed followed by post stress imaging. A doctor and experienced technicians will be there to supervise your procedure. If any problems occur during the procedure, the test may be stopped.

You will be supervised and checked carefully during the test as well as recovery period. **Tell us immediately if you are not feeling well.** The staff that will be with you during this procedure are trained professionals and are able to deal with any type of complications. **Please discuss any questions or worries you may have before you agree to the test.**

## What to Wear?

Please wear a comfortable loose-fitting 2-piece outfit that allows easy access to forearms. It is cold in the exam room you can bring a blanket or a shawl to help with comfort during the test

## What Are the Risks?

### Rarely

- ⌋ Abnormal heart beat. This may settle with or without treatment
  - ⌋ Chest pain. This may need treatment with medications
  - ⌋ Heart attack
  - ⌋ Low blood pressure
  - ⌋ Fainting
- Very Rarely - less than 1 in 10, 000 people**
- ⌋ Death

