

# PET Stress Test Instructions

Below is information to prepare for a PET stress test. Talk to your doctor if you have questions or concerns.

## What is a PET stress test?

A PET is also known as a Myocardial Positron Emission Tomography scan. This test checks blood flow through the heart and can find if there is a lack of blood flow to a certain area of the heart.

## How is the test done?

1. A radioactive tracer (radioactive material) is injected through an IV line in your arm to track blood flow to your heart.
2. Your heart is scanned at rest for about 10 minutes to create pictures.
3. You then get a stress medicine and more pictures of your heart will be taken for 7 minutes.
  - You will have an EKG (electrocardiogram) monitor the entire time.
4. You will be in the clinic for about 1 hour the day of the test.

## How do I get ready for the test?

Do	Do Not
<ul style="list-style-type: none"> <li>✓ Tell your doctor if you could be pregnant.</li> <li>✓ Arrive 10 to 15 minutes before your appointment time.</li> <li>✓ Follow all instructions you got about what medicine you should stop taking or change the dose for.</li> <li>✓ Talk to your doctor if you are claustrophobic or feel anxious about the test. You can take anti-anxiety medicine 1 hour before the test. <b>You must have someone drive you home if you take this medicine.</b></li> <li>✓ Wear comfortable and loose fitting clothes.</li> </ul>	<ul style="list-style-type: none"> <li>✗ Do not eat or drink anything for 6 hours before the test except for water as needed.</li> <li>✗ Do not smoke or use nicotine for 6 hours before the test.</li> <li>✗ Do not put lotion or oil on your chest or stomach.</li> <li>✗ <b>Do not drink or eat anything with caffeine for 12 hours before the test.</b> This includes but is not limited to:                             <ul style="list-style-type: none"> <li>- Regular and decaf coffee and tea</li> <li>- Sodas</li> <li>- Chocolate</li> <li>- Medicine (like Excedrin®) or supplements with caffeine</li> </ul> </li> </ul>

### If you have diabetes:

You will get specific instructions from the nurse that calls you before your procedure. Check with the doctor that prescribes your diabetes medicine to make sure it is okay to change how you take it for this test.

## How safe is a PET test?

- The PET test is a low-risk test with low radiation. It is one of the best tests to evaluate heart conditions.
- A nurse, exercise physiologist or cardiac diagnostic technician, and nuclear medicine technologist will all be with you during the test. They will monitor you throughout the test and are in constant communication with the supervising doctor.
- Doctors are in the immediate area and are available at any time for help, questions, or concerns.

## Are there side effects?

The team will talk to you about any possible side effects at the time of your test.

## What if I need to cancel or reschedule?

- Try to cancel at least 24 hours before your appointment, if possible.
- If you are more than 15 minutes late or have had caffeine in the 12 hours before the test, you will need to reschedule.

