



Nuclear Cardiology Department Located At:

**3535 N. Webb Road, Wichita, KS 67226**

Appointment date and time: \_\_\_\_\_

**Cardiac PET scan with FDG Testing Instructions:**

Please remember these preparations are necessary so we may obtain the best results for you. Not following these preparations could result in your appointment being rescheduled.

- **No food or drink 6 hours prior to appointment time (water only)**
- **Must have high protein with very low carb diet 24 hours prior**
- **No sugars**
- **No exercise 24 hours prior**
- **No caffeine, alcohol, or nicotine 12 hours prior.**
- **Bring a jacket (it can get cool in the department) and dress comfortably or in loose fitting attire. Please do not wear one-piece dresses.**
- **No family members will be allowed in the nuclear department while testing, family members must remain in the main waiting room.**

**Cardiac PET scan with FGD will take approximately 3 hours.** Make sure you can stay the entire time. If you require transportation and/or oxygen use, please arrange for these prior to your appointment.

If you have any questions, please call 316-260-4028.

Thank you.

Heartland Cardiology Staff



## **CARDIAC PET/CT INSTRUCTIONS**

**Scheduling questions:**  
(316) 686-5300 option 3

**Nuclear Department Phone Numbers:**  
(316)260-6714 or (316)260-6727

**Cardiac PET/CT scans look at blood flow through your heart and take about 30minutes to 1 hour.** These preparations are necessary so that we may obtain the best possible results. *Not following these preparations could result in your appointment being rescheduled.*

- **24 hours** before the test **STOP** all caffeine intake (coffee, chocolate, tea, soda, and **DECAF PRODUCTS!**)
- **6 hours** before the test **no** food or drink **EXCEPT WATER.** You may drink as much water as you need. If you are **diabetic** and must eat within the 6 hours before your test due to low blood sugar, the meal must be very light. Feel free to take or hold your diabetic meds based on your needs to balance your blood sugar.
- **Do NOT take nitrates for 24 hours before your test** (Refer to list below for common medications to hold) **Only take nitro for chest pain relief if necessary.**

### **NITRATES**

IMDUR (ISOSORBIDE MONONITRATE, TRANSDERM)

ISORDIS (ISOSORBIDE DINITRATE, NITRONG)

NITRODUR (NITRO PATCH, MINITRAN)

HYDRALAZINE

NITROPASTE

THEOPHYLLINE

PERSANTINE

AGGRENOX

- You will be laying down under a scanner to image your heart. The scanner is open at the top and bottom of your body and surrounds your chest. If you are claustrophobic and need medication to relax, please consult your primary care physician and arrange a driver. We will not provide medication. *Take these meds 30 minutes before your appointment.*
- Dress comfortably in loose fitting attire to accommodate EKG patches on your chest and an IV placed in either arm. **Please do not wear a one-piece dress.**
- **ARRIVE ON TIME TO YOUR APPOINTMENT. LATE ARRIVALS ARE SUBJECT TO BEING RESCHEDULED.**
- **No family members will be allowed in the nuclear department while testing.** They must remain in the main waiting room. You do NOT need a driver for our testing.
- Bring any updated insurance information.