



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.