



# Cardiac PET Perfusion Imaging With Stress Test

## General Information

A cardiac PET study is a test that helps your doctor see how well your heart works at rest and during stress.

This test helps your doctor tell if parts of your heart muscle are not getting enough blood.

During the test, you will receive a radioactive material, known as a tracer, through an intravenous (IV) line in your hand or arm.

The amount of radiation you will receive from the tracer is small. It is about what you receive from a CT chest scan.

You will also receive a medicine that stresses your heart, like during exercise. It works by increasing the blood flow to your heart.

Your heart rate and blood pressure are closely monitored for changes during the test.

The test takes about 2 hours, including preparation time.

## Side Effects and Risks

You may have side effects from the stress medicine which could include chest pressure, headache or nausea. These usually go away very quickly.

Like with any test that involves stress, there are risks. They can include irregular heartbeat, heart attack or death.

## Your Test

Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m. / p.m.

Location:  
\_\_\_\_\_

If you need to reschedule your test, please call 612-775-4201.

Serious side effects are rare. If you have any issues, a doctor will help you right away. The nurses and stress technicians have special training in this testing and will help you.

Ask your doctor any questions you have about the test.

## Before the Test

- For 24 hours before the test, **do not** eat or drink:
  - any caffeinated or decaffeinated beverages (such as coffee, soda or energy drinks)
  - chocolate
  - medicines that contain caffeine unless your doctor tells you otherwise.

*(over)*

- **Do take** any medicines you usually take. Your doctor will tell you if you should not take certain medicine.
  - If you have diabetes, you may receive special instructions about your medicine and diet.
  - If you take any medicine that contains caffeine, ask your doctor if you should take it.
  - If you take medicine for your heart or high blood pressure, ask your doctor if you should take it.
- **Do not** eat or drink anything for 4 hours before the test.
- Wear loose, comfortable clothing.
- Tell the technologist if you are or think you may be pregnant.

## During the Test

- You will have an intravenous (IV) line placed in your arm or hand.
- A technician will put electro-cardiogram (ECG) patches on your chest to monitor your heart.
- You will lie on your back on an imaging table with your arms over your head.
- The nuclear technologist will inject the tracer through your IV.

- You will need to lie quietly while the PET camera scans your heart. This will take about 15 minutes. The camera takes pictures of the blood flow to your heart at rest.
- A nurse will inject the stress medicine into the IV.
- While you receive the stress medicine, you may have chest discomfort, shortness of breath, hot flashes, or all during the test. **This is normal.**
- At the same time, the technologist will give you the second tracer injection and scan your heart a second time for about 10 minutes. You will need to lie quietly until all of the pictures are taken.

## After the Test

- The IV catheter will be removed from your arm or hand and a bandage put on.
- You may return to your normal activities.
- The test results will be sent to the doctor who ordered this test for you. He or she will notify you with the results.