

PET Sarcoid Test Instructions

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

What is a PET sarcoid test?

A PET sarcoid test is also called a Cardiac Positron Emission Tomography Sarcoid Scan. This test checks for sarcoidosis or inflammation of the heart.

How is the test done?

1. A small amount of radioactive tracer (radioactive material) is injected through an IV line in your arm to track how much blood flow gets to your heart.
2. Your heart will be scanned for about 10 minutes to create resting pictures.
3. A medicine called heparin will then be injected into your IV.
 - Tell the nurse if you have had any reactions to heparin in the past, have a bleeding disorder, take any blood thinners, or if you have concerns with this medicine.
4. 15 minutes after you get the heparin you will get another radioactive tracer that will help see inflammation or sarcoidosis of the heart.
5. 1 hour after the radioactive injection you will have another set of pictures taken.
6. You will be at the hospital for about 2 hours the day of your test.

How do I get ready for the test?

Do	Do Not
<ul style="list-style-type: none"> ✓ Tell your doctor if you could be pregnant. ✓ Follow the diet instructions 2 days before the test. See “What to Eat” on the next page. ✓ Arrive 15 minutes before your appointment time. ✓ Follow all instructions you got from your doctor or cardiology nurse about when medicine to stop taking. Otherwise, take all of your medicines as you normally do. ✓ 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. You must have someone drive you home if you take this medicine. ✓ Wear comfortable and loose fitting clothes. 	<ul style="list-style-type: none"> ✗ Do not eat or drink anything for 12 to 18 hours before the test except sips of water with medicine. You will get a call and told what time you need to stop eating or drinking. ✗ Do not put any lotion or oil on your chest. ✗ Do not exercise for 24 hours prior to the test.

If You Have Diabetes

- Make sure your test is scheduled in the morning. Tell the person that schedules your appointment you have diabetes.
- Follow the instructions your doctor gives you about what medicines you should continue to take and what you need to stop.

Are there side effects?

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

How safe is a PET sarcoid test?

- This is a low-risk test with low radiation. It is one of the best tests to evaluate heart conditions.
- A nurse, exercises physiologist or cardiac diagnostic technician, and nuclear technician 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 of the test and are available at any time for help, questions, or concerns.

Rescheduling

- Try to cancel at least 24 hours before your appointment, if possible.
- If you are not able to follow the diet or do not show for your appointment without a call, there will be a significant delay to reschedule.

What should I eat 2 days before the test?

- You will need to follow a special diet to get ready for this test. Follow this diet 2 whole days prior to the day of the test.
 - If you do not follow this diet, your test may not be accurate and you will need to reschedule.
 - If you are vegan or vegetarian, reach out to your doctor and care team. They will provide you a list of what to eat.
- Eat breakfast, lunch, and dinner using the table below. **Eat exactly what is in the “What to Eat” column and nothing else.**
- Use the log on the next page to keep track of everything you eat and drink until the test.
 - **You will need to bring this with you on the day of the test.**

What to Eat	Do Not Eat	
Breakfast ✓ 2 eggs fried in butter with only salt and pepper ✓ Bob Evans® original sausage (in the white package)	× Coating or breading for meat × Vegetables × Beans × Nuts × Bread × Grains × Pasta × Mushrooms × Salad × Potato × Rice × Mayonnaise × Ketchup × Mustard × Other condiments	× Fruit × Cream × Sugar × Milk × Alcohol × Soda × Fruit juices × Sports drinks × Sauces × Rubs × Cough drops/lozenges × Cheese × Baked goods × Candy × Gum
Lunch ✓ Chicken, fish, or pork (filet or breast) fried in butter with only salt and pepper (not coating or breading)		
Dinner ✓ Steak fried in butter with only salt and pepper, or you can have chicken, fish, or pork fried in butter with only salt and pepper		
Beverages ✓ Only drink water, black coffee, or black tea		

Food Log

Use the log below to write down everything you eat before the test. Bring it with you to your appointment. The team will need to check over all that you ate before you can start the test.

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