

PET Stress and Viability Test Instructions

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

What is a PET stress and viability test?

A PET stress and viability test is also known as a Myocardial Positron Emission Tomography scan. There are 2 parts to a stress and viability test. The first part checks blood flow through the heart and can find if there is a lack of blood flow to a certain area of the heart. The second part looks at if the muscle past the blockage is alive or viable (able to work).

How is the test done?

1. Your blood sugar is checked when you arrive. Depending on the reading, you may get sugar water.
2. A small amount of radioactive tracer (radioactive material) is injected through an IV line in your arm to track blood flow to your heart.
3. Your heart is scanned for about 10 minutes to create pictures. These are your baseline scans.
4. You then get a stress medicine and more pictures of your heart for about 7 minutes. These are your stress scans. You will have an EKG (electrocardiogram) monitor on the entire time.
5. The cardiologist (heart doctor) will then determine if you need the viability part of the test.
 - If you do not, you will be done and sent home.
 - If you do:
 - A nurse will check your blood sugar. You will get insulin. Your nurse will then recheck your blood sugar in 1 hour.
 - Once your sugar drops appropriately, you will get another medicine to track blood flow.
 - 1 hour later, you will go back under the scanner for more pictures.
6. You will be in the clinic anywhere from 1 to 5 hours the day of the 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. ✓ Arrive 10 to 15 minutes before your appointment time. ✓ Follow all instructions you got about what medicine you should stop taking or change the dose for. ✓ 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 6 hours before the test except for water as needed. ✗ Do not put lotion or oil on your chest or stomach. ✗ Do not smoke or use nicotine for 6 hours before the test. ✗ Do not drink or eat anything with caffeine for 12 hours before the test. This includes but is not limited to: <ul style="list-style-type: none"> - Regular and decaf coffee and tea - Sodas (pop) - Chocolate - Medicine or supplements (like Excedrin®) with caffeine

If You Have Diabetes:

- Make sure your test is scheduled in the morning.
 - Tell the person who schedules your appointment that you have diabetes.
- You will get specific instructions from the nurse that calls you before your procedure. If you have any concerns about a change in medicine, check with the doctor that prescribes your medicine.

How safe is a PET Stress and Viability 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 of the test 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.

