



VIRGINIA HEART

Excellence in Cardiovascular Care

PET Myocardial Perfusion Stress Test Patient Instructions

A PET Myocardial Perfusion Stress Test evaluates how well blood flows through the heart at rest and during stress, as well as how effective it is pumping. To ensure the highest quality of testing, all instructions **MUST** be followed:

Location:

Virginia Heart Cardiovascular PET/CT
2901 Telestar Court Suite 100
Falls Church, VA 22042
Phone: 703-226-1793
Fax: 703-766-5928
Office Hours: 7:15am-4:00pm

Preparation:

1. Your provider has ordered a cardiac PET/CT Myocardial Perfusion Study for you. Be prepared to be in the office for at least 45 minutes. The actual test will take 25 minutes.
2. Please call 48 hours in advance if you need to cancel and/or reschedule your appointment for any reason.
3. **Arrive 15 minutes prior** to your appointment to check in and to complete any additional paperwork. Arriving late may result in a cancellation or reschedule.
4. Please **do not** eat 4 hours prior to the exam.
5. **Drink plenty of water** and make sure you are well hydrated prior to the test.
6. Please do not consume alcohol for **24 hours** prior to the test.
7. Please **do not** consume caffeine and/or decaffeinated products for at least **24 hours** prior to the exam.
 - a. This includes coffee, tea, soda, chocolate, energy drinks, and medications containing caffeine such as Excedrin or Fioricet. Ensure to avoid decaffeinated products like decaf coffee or decaf tea as well which also have some caffeine in them.
8. The department is kept cool. Wear loose, warm, and comfortable clothing. Avoid one-piece outfits if possible. A button up or top with plastic zipper is preferred.
 - a. Female patients: please do not wear an underwire bra, sports bras with no metal clips are acceptable.
9. Please **do not** use tobacco products or nicotine products **12 hours** prior to the test.
10. Please **do not** put any lotion or oil on your chest on the day of the test.

Medication Instructions:

*****Important: For any questions regarding holding the medications listed below, please consult with your physician. *****

1. Do not take the following medications **48 hours** prior to your test: Persantine, Dipyridamole, Theodur, Theophylline, Aggrenox, and/or Trental.
2. Hold all nitrates and PDE 5 Inhibitors **24 hours** prior to your test. This includes Imdur/Isosorbide Mononitrate, Isordil/Isosorbide Dinitrate, Nitroglycerin/Nitrostat, Viagra/Sildenafil, Cialis/Tadalafil, Levitra/Vardenafil, and Stendra/Avanafil.
3. Hold all herbal supplements and stimulants for **24 hours**, to include methylphenidate, Adderall, Vyvanse, and dextroamphetamine.
4. If you take insulin or any other medications for diabetes, **do not** take your morning dose. You may bring your diabetic medication and a light snack with you if needed to be taken after the test. For

insulin pumps or long-acting insulin questions please contact your prescribing provider for advice on how to adjust the medication while fasting if needed. Every effort will be made to schedule diabetic patients in the morning.

5. You may take all your other routine medications, other than what was previously mentioned above, as you normally do. Please bring an updated list of your medications to your appointment.
6. If you have COPD or Asthma controlled by an inhaler, please bring the inhaler with you to your appointment.

What to Expect:

1. An IV will be placed in a vein to inject Rb-82, a radioactive tracer, to evaluate the blood flow to your heart. You will then be escorted to the scanner and lie on your back on the imaging table with arms above your head during scanning. You will be on the imaging table for the entire duration of the exam. Support rests for your head, arms, and legs will be provided to ensure that you are comfortable.
2. A low dose CT scan will be performed immediately followed by a PET emission scan of your heart. These images will be performed twice, the first set of images will be acquired before your stress test and the last set of images will be acquired after your stress test.
3. During the stress test portion of your study, Regadenoson will be infused to simulate the effects of exercise and increase the blood flow to your heart. The clinical team will go over the possible and common side effects that you may experience.
4. Your PET/CT study will be dictated and finalized within 2-3 business days. Results will be sent to your referring provider. You may view your results in MyChart within 2-3 business days from the study date. The camera often picks up areas beyond the heart, so you may also receive a second report from our Radiology partners for the non-cardiac imaging. You will not be charged additionally for this report.



***As required by Section 6003 of the Patient Protection and Affordable Care Act, the following is a list of suppliers that provide Cardiac PET imaging services within a 25-mile radius of this location:

1. Woodburn Nuclear Medicine, LTD - Metro Region PET Center, LLC
3289 Woodburn Road Suite 60
Annandale, VA 22003
2. Capitol Cardiology Associates
5801 Allentown Rd., 406
Camp Springs, MD 20746
3. Carient Heart and Vascular PC Manassas
8100 Ashton Avenue Suite 200 Manassas, VA 20109