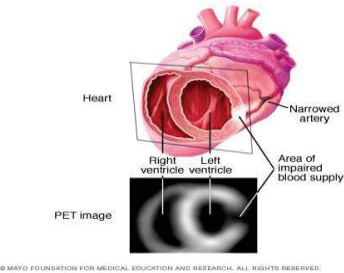


### WHAT IS A CARDIAC PET SCAN?

It is a procedure that will provide your doctor with valuable diagnostic information about the flow of blood to your heart muscle and the health of your heart. This kind of imaging will help your doctor determine:

- If you have a form of heart disease
- If your heart is receiving enough blood
- If you will need to have more testing



### HOW DOES A PET SCAN WORK?

The PET scanner is a large, tunnel shaped machine. You will lie on a narrow examination table, which slides through the center of the PET scanner, feet first and your head will not be in the tunnel. Before the scan, leads that monitor your heart rhythm are attached to your chest and a nurse will also place an IV catheter into a vein in your arm.



### WHY HAVE A CARDIAC PET SCAN?

**QUICK:** A cardiac PET scan only takes about 25 to 40 minutes to complete.

**REDUCED RADIATION EXPOSURE:** You are exposed to less radiation during a cardiac PET scan.

**INCREASED EFFICIENCY:** a cardiac PET provides improved accuracy and increased efficiency in the detection of coronary artery disease.



### WHERE IS THE CARDIAC PET SCAN DONE?

The cardiac PET scan is done in our Smithtown office at 496 Smithtown Bypass.

### WHEN IS MY CARDIAC PET SCAN?

If your cardiologist orders a cardiac PET scan for you, you will be asked to complete a questionnaire before scheduling this appointment with our reception department. This is to assess if you are able to complete the test. If you are unable to complete the PET a SPECT stress test will be ordered for you instead.

If your insurance requires authorization for this test, our authorization specialist will call you to schedule your appointment once your authorization has been obtained.

### WHO CAN I GO TO IF I HAVE FURTHER QUESTIONS ABOUT HAVING A CARDIAC PET SCAN?

If you have any additional questions or concerns regarding the cardiac PET scan you can call our office and a nurse will be happy to answer all your questions and concerns. If you would like to see the testing area and machine before scheduling this exam, please advise the nurse at your doctor's appointment and they will bring you to our cardiac PET suite.



**Our Smithtown Office can be reached at  
631-979-8880**

### Questionnaire for PET Patients

1. Are you claustrophobic?
2. Are you able to lift both arms above your head?
3. Can you hold your arms above your head for at least 40 minutes, while laying flat with your arms supported?
4. Can you lie flat for at least 40 minutes?
5. Do you have Parkinson's disease?
6. Do you have restless leg syndrome?

### PREPARATION

- We will contact you prior to the test. If a message is left, please call and confirm the appointment by 3 PM of the day prior to the test. Please be on time for this appointment.
- 24 hours prior to the test DO NOT consume any CAFFEINE. This includes decaffeinated products.

Certain foods containing caffeine may interfere with the test. No Coffee, tea, soda, iced tea, and chocolate foods. Additionally do not take Fioricet or Excedrin.

- Your doctor may decide to temporarily discontinue certain

medications before the test. If you are taking heart medication, your doctor may want to see how well your heart works without the heart medicine.

Some medicines may affect the test results. Take all your medications as usual unless your doctor tells you otherwise. Bring all of your medications with you. **If you're a diabetic, take all of your diabetic medications; for example, Glucophage, insulin, etc.**

- Do not eat 3 hours prior to the test, **if you're a diabetic do not eat 2 hours prior to the test.** Please hydrate with water before the test.
- **If you're a diabetic** bring your glucometer machine and appropriate capillary puncture device and test strips. Bring a container of juice with you and a snack.
- Wear comfortable clothes. Comfortable, loose fitting clothing. No metals; For example no metal buttons, safety pins, etc. to be worn around the chest area, this will interfere with imaging.
- If you are nursing or if you think you may be pregnant, inform your doctor before they order this test.

### DAY OF EXAM

- Tell the nurse if you have any allergies, if you are pregnant or nursing.
- You will be asked to read and sign a consent form.
- If you have any questions about the test, do not hesitate to ask the nurse.
- Electrocardiograph pads will be attached to your chest to closely monitor your heart. A small IV needle with tubing will be inserted into a vein.
- You will be asked to lie flat within the PET camera which is similar to a CT scanner for approximately 25 – 40 minutes.
- You will be injected with a prescribed medication over a several minute period. The purpose is to increase the workload being placed on your heart.
- Additional specific details regarding your exam will be clearly explained to you upon your arrival at the office.

### YOUR TEST HAS BEEN SCHEDULED

**FOR:**

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

**Time:** \_\_\_\_\_

**Location:**

**496 Smithtown Bypass**

**Suite 101 Smithtown NY 11787**

**Phone: 631-979-8880**



Please be advised a cancellation fee will be applied to missed or canceled appointments without 24 hours' notice.

\$50 Diagnostic Testing

Please give us the courtesy & please call to reschedule.

Thank you for your understanding.



Island Cardiovascular Associates, LLP

**Cardiac PET Scan**

**Positron Emission Tomography**



Island Cardiovascular Associates, LLP

**496 Smithtown Bypass, Suite 101**

**Smithtown, NY 11787**

**[www.islandcardio.com](http://www.islandcardio.com)**