

# **PET Cardiac Sarcoid Testing with Rest/Stress Test for People with Diabetes**

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## **What is a PET Cardiac Sarcoid Test with Rest/Stress Test?**

PET Cardiac Sarcoid Test with Stress test takes a picture of your heart. This is done to find areas that may not be getting enough blood flow, and to find if any heart muscle has abnormal clusters of white blood cells, which effect heart function.

## **How do I prepare for a PET Cardiac Sarcoid Test with Rest/Stress Test?**

### **Several days before the test:**

- If you know that you are not able to lie on your back in a PET scanner up to 20 minutes at a time with your arms above your head, you will need to contact the Nuclear Cardiology scheduling desk beforehand at (734) 232-3231.
- If you need pain medicine or a mild sedative for claustrophobia in order to lay in the scanner, please contact the doctor who ordered this test or your primary doctor for a prescription. You also must arrange for a driver to take you home when your test is completed as you will not be able to drive after taking a sedative.
- If you take a medication called theophylline, (Theo-24<sup>®</sup>, Elixophylline<sup>®</sup>, Theochron<sup>®</sup> or others), make sure the doctor who prescribed the medication knows you have to stop taking your medication for 2 days before your test. Your doctor may have special instructions for you.
- If you are allergic to heparin, please call (734) 232-3231 to notify the scheduler.

- If you have a difficult time managing your diabetes, please call (734) 232-3231 and ask to speak with the Nuclear Medicine Nurse Practitioner.

## **2 days before the test**

### **Sarcoid test meal plan:**

You must follow the Sarcoid Test Meal in preparation for this test, a no carbohydrate/high fat diet. Instructions are included. If you do not understand the Sarcoid Test Meal plan, please call (734) 232-3231 and ask to speak with an exercise physiologist. If you do not follow the Sarcoid Test Meal, No Carbohydrate diet, your test will be cancelled.

- **If you have Diabetes follow these instructions starting 2 days before the test:**
  - Begin the **No carbohydrate** diet no later than 10pm two nights before your test. For example, if your test is scheduled on Tuesday start the **no carbohydrate** diet no later than 10pm on Sunday night. Instructions are included for this diet.

### **Medications:**

- Stop taking the medication called theophylline, (Theo-24<sup>®</sup>, Elixophylline<sup>®</sup> or Theochron<sup>®</sup>) following any special instructions you received from the doctor who prescribed the medication for you.

### **Insulin:**

- Stop taking any **long** acting, **intermediate** acting or **short/intermediate** acting mixture insulin when you start the No Carbohydrate diet 2 days before the test:
  - Stop taking: Lantus<sup>®</sup>, Toujeo<sup>®</sup>, Basaglar<sup>®</sup>, Tresiba<sup>®</sup>, Levemir<sup>®</sup>, Humulin R U-500<sup>®</sup>, Humalog N<sup>®</sup>, Humulin N<sup>®</sup>, Novolog N<sup>®</sup>, Novolog Mix 70/40<sup>®</sup>, Humulin 70/30<sup>®</sup>, Novolin 70/30<sup>®</sup>, Humalog Mix 50/50<sup>®</sup>, Humalog Mix 75/25<sup>®</sup> or others.

- Take only **short** acting insulin (Humulin R U-100<sup>®</sup>, Novolin R<sup>®</sup>) or **rapid** acting insulin (Afrezza<sup>®</sup>, Novolog<sup>®</sup>, Apidra<sup>®</sup> or Humalog<sup>®</sup>) on the following sliding scale when you start the No Carbohydrate diet 2 days before the test:
  - Blood Glucose 150-200 mg/dL, take 2 units of short or rapid acting insulin.
  - Blood Glucose 200-250 mg/dL, take 4 units of short or rapid acting insulin.
  - Blood Glucose 250-300 mg/dL, take 6 units of short or rapid acting insulin.
  - Blood Glucose 300-350 mg/dL, take 8 units of short or rapid acting insulin.
  - Blood Glucose 351-400 mg/dL take 10 units of short or rapid acting insulin.
  - Blood Glucose 401-450 mg/dL take 12 units of short or rapid acting insulin.
  - Blood Glucose 451-500 mg/dL take 14 units of short or rapid acting insulin.
  - **Seek medical attention** if your blood glucose is greater than 500. Call 911 if you have symptoms of very high glucose level.
- Talk with your doctor who orders your diabetic medications if you have questions.

**The day before the test:**

- Continue to follow the **no carbohydrate** diet the entire day before your test. Instructions are included. Please follow this diet carefully to prevent rescheduling of the second part of this test and call if you have any questions.
- Do not eat or drink anything with caffeine including regular coffee, decaffeinated coffee, soda, tea, chocolate, energy drinks and over the counter pain relievers that contain caffeine. If you consume only

decaffeinated beverages, many are only half decaffeinated so do not drink decaffeinated beverages for 24 hours before the test.

- Avoid heavy lifting or strenuous exercise or activity.
- At the end of your study, you will receive a boxed lunch with either a ham or turkey sandwich. If this food does not fit your dietary constraints, please plan to bring lunch with you. You will not be able to go to the cafeteria to buy lunch. You will need to eat before being discharged.

**Medications:**

- Do not take a medication called pentoxifylline, (Trental®, Pentoxil®) the day before or the morning of your test.

**The day of the test:**

- Do not eat any food at least 8 hours before your test. You may only drink plain water.
- Do not take any diabetes medication on the morning of the test, no insulin and no oral diabetic medications like Metformin or Glucophage®.
- If you shower the morning of your test do not use oils or lotions on your chest or stomach so you can be easily attached to a cardiac monitor.
- Bring a list of the medications you take. Bring any medications you may need to take throughout the day.
- Take only necessary medications the morning of the test. Do not take any medication that is listed in these instructions for you to hold.
- Wear comfortable clothes with a loose fitting shirt and comfortable walking shoes such as sneakers. Do not wear metal jewelry. Layered clothing is best as some hospital rooms can be chilly.
- **Park in Parking Structure P1 or P2.**
- Check in at the Nuclear Medicine reception desk in University Hospital on **Level B1, Reception C**, 30 minutes before your appointment time.

- Plan on being at the hospital for 6-8 hours as there will be wait times between different parts of the test. You may bring a book to read or something to help pass the time.

### **What happens during the test?**

1. An IV will be placed in a vein to draw blood samples and inject a radioactive isotope, rubidium-82 or nitrogen-13 ammonia, in order to measure blood flow to your heart.
  - Regadenoson (Lexiscan®) will also be injected to simulate the effects of exercise on the heart.
  - You will be on the scan table for the injections and then in the PET scanner for the test.
  - Aminophylline will be given to you in your IV to counteract the effects of the regadenoson at the end of this part of the test.
2. After the scan you will drink a shake made of almond milk and vegetable oil. We will tell you what time to return to the University Hospital Level B1 Reception C for the second part of the test. You cannot eat or drink anything in this 3-4 hour time period except the shake and plain water.
3. During the second part of the test, more blood samples will be drawn from your IV. You will receive IV injections of heparin and a radioactive form of sugar called Fluorine-18 Fluorodeoxyglucose or F-18 FDG.
4. There will be a wait time of approximately an hour before more scanning is done so that the F-18 FDG can move through your body.
5. After your scan is done you will have a box lunch to eat. You can eat your lunch if you brought your own food.
6. You will be discharged about an hour after the scan, when you are done eating, and when your blood glucose level is within normal range.

## How do I get results of the test?

- The Nuclear Cardiology Doctors will review your test images before you leave the department to make sure the images are satisfactory. The results of the test will be sent to the doctor who ordered the test in 2-3 days, they will give you the results.

## Who do I call if I have questions?

- If you have any questions, please call the Michigan Medicine Nuclear Cardiology Department at (734) 232-3231 between the hours of 7:30am and 5pm Monday through Friday and ask to speak with the Nuclear Medicine Nurse Practitioner.

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