

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

What is a PET cardiac sarcoid test with rest/stress test?

The PET cardiac sarcoid test with rest/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 affect 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 at (734) 232-3231.
- If you need pain medicine or a mild sedative for claustrophobia (fear of small spaces) 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®, Elixophylline®, Theochron®, 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: Follow the sarcoid test meal plan

- To prepare for this test, you must follow the sarcoid test meal plan, which is a no carbohydrate 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 no carbohydrate diet, your test will be cancelled.
- Follow the **no carbohydrate** diet no later than 12:00 AM (midnight) 2 entire days before your test.
 - For example, if your test is scheduled on Tuesday, you would start the no carbohydrate diet no later than 12:00 AM midnight on Sunday. Then you'd follow the no carbohydrate diet 2 entire days (all day Sunday and all day Monday) before your test on Tuesday.

Medications:

- Stop taking the medication called theophylline (Theo-24®, Elixophylline®, or Theochron®) and follow 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®, Toujeo®, Basaglar®, Tresiba®, Levemir®, Humulin R U-500®, Humalog N®, Humulin N®, Novolog N®, Novolog Mix 70/40®, Humulin 70/30®, Novolin 70/30®, Humalog

Mix 50/50®, Humalog Mix 75/25®, or others.

- Take only **short** acting insulin (Humulin R U-100®, Novolin R®) or **rapid** acting insulin (Afrezza®, Novolog®, Apidra,® or Humalog®) on the following sliding scale when you start the no carbohydrate diet 2 days before the test:

Blood glucose	Insulin dose
150-200 mg/dL	Take 2 units of short or rapid acting insulin
201-250 mg/dL	Take 4 units of short or rapid acting insulin
251-300 mg/dL	Take 6 units of short or rapid acting insulin
301-350 mg/dL	Take 8 units of short or rapid acting insulin
351-400 mg/dL	Take 10 units of short or rapid acting insulin
401-450 mg/dL	Take 12 units of short or rapid acting insulin
451-500 mg/dL	Take 14 units of short or rapid acting insulin
Get medical help if your blood glucose is greater than 500. Call 911 if you have symptoms of a 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 medications that contain caffeine.
 - Many decaffeinated (decaf) drinks are only half decaffeinated, so do not drink decaffeinated beverages for 24 hours before the test.

- Avoid strenuous exercise or activity (physical activity that makes you breathe hard and raises your heart rate).
- 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 diet needs, 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 leaving the hospital.

Medications:

- Do not take a medication called pentoxifylline (Trental® or 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 on the morning of the test. Do not take any medication that is listed in these instructions for you to stop taking.
- 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 P5.**
- 30 minutes before your appointment time, check in at the

Nuclear Medicine reception desk in the Cardiovascular Center on **Level 1**.

- 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?

- We will place an IV (a needle) in a vein to draw blood samples and inject a radioactive isotope (rubidium-82 or nitrogen-13 ammonia) to measure blood flow to your heart.
 - We will also give you a regadenoson (Lexiscan®) injection. This is to produce a similar effect as exercise on your heart. Then, at the end of this part of the test, we will give you aminophylline in your IV to stop the effects of the regadenoson.
 - You will be on the scan table for the injections and then in the PET scanner for the test.
- After the scan, you will drink a shake made of almond milk and vegetable oil. We will tell you what time to return 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.
- During the second part of the test, we will draw more blood samples from your IV. We will give you IV injections of heparin and a radioactive form of sugar called fluorine-18 fluorodeoxyglucose (or F-18 FDG).
- There will be a wait time of about an hour before more scanning is done, so that the F-18 FDG can move through your body.
- After your scan is done, you will have a boxed lunch to eat. You can eat your lunch if you brought your own food. You will be discharged about an hour after the scan when you are done eating.

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, and 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 7:30 AM and 5:00 PM on Monday through Friday and ask to speak with the Nuclear Medicine nurse practitioner.

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