

What is a PET Cardiac Viability Test, FDG only?

A PET Cardiac Viability test finds areas of the heart which may not be getting enough blood flow and finds if any heart muscle is scarred.

The FDG study is an IV insulin/glucose challenge. This means the nurse will check your blood sugar with a finger prick about every 10 minutes. Once your blood sugar is in target range you receive an injection of the radioisotope, F-18 FDG.

How do I prepare for a PET Cardiac Viability Test, FDG only?

Several days before the test:

- You will need to organize a driver to bring you to the test and take you home.
- If you know you are not able to lie on your back in a PET scanner up to 15 minutes 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.

The day before the test:

- 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 a lunch before being discharged. You will need to eat before you are discharged.

- Avoid heavy lifting and strenuous exercise or activity.

Insulin:

- If you use **long-acting** insulin take half of your usual dose the evening before your test (including but not limited to: Lantus[®], Toujeo[®], Basaglar[®], Tresiba[®], Levemir[®], Humalog N[®], Humulin N[®], Novolog N[®] or Novalin N[®]).
- Do not take any insulin or oral medications for diabetes the morning of your test (including but not limited to metformin also known as Glucophage[®])

Other medications:

- If you take the medication pentoxifylline (Trental[®], Pentoxil[®]), do not take any the day before or the morning of your test.

The day of the test:

- Do not eat any food at least 8 hours prior to your test. You may only drink plain water.
- Do not take any insulin or oral medications for diabetes the morning of your test (including but not limited to metformin also known as 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 P5.**
- Check in at the Nuclear Cardiology reception desk in the Cardiovascular Center on Level 1, 30 minutes before your appointment time.

- Plan on being at the hospital for up to 7 hours.
 - There will be wait times between different sections of the test. You may bring a book to read or something to help pass the time.
- Plan to eat a meal within 2 hours after leaving the hospital.
- Plan to eat a snack before bedtime.
- You will continue your insulin protocol as prescribed after the study.

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. Generally, the test results are sent to your ordering doctor within 48 hours. Your ordering doctor releases your information to you.

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 a nurse.

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