

PET Cardiac Viability Testing with Rest/Stress Test

What is a PET Cardiac Viability Test with Rest/Stress Test?

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 first portion of the 2-part study, the rest/stress test, is shorter than the second portion of the study. Nuclear Medicine Cardiologists will look at the results of the rest/stress test portion and decide if the second part is necessary.

- The second part is an FDG study which is an IV 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 with Rest/Stress Test?

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 15-20 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.
- 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.

Two days before the test:

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

The day before the test:

- Do not eat or drink anything with caffeine for 24 hours before the test including regular coffee, decaffeinated coffee, soda, tea, chocolate, energy drinks and over the counter pain medications that contain caffeine.
 - If you consume only decaffeinated beverages, many are only half decaffeinated so do not drink them.
- Avoid heavy lifting or strenuous exercise.
- If you need the 2nd part of the study, during the recovery time of the 2nd part, you will receive a box lunch including a ham or turkey sandwich at the end of the test. If neither of these sandwiches fit your dietary constraints, please plan on bringing a lunch with you. You will not be able to visit the cafeteria to buy lunch. You will need to eat lunch before you are discharged.

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[®]).

Other medications:

- If you take the medication pentoxifylline (Trental®, Pentoxil®), do not take any the day before or the morning of your test.
- If you have questions about what medications you can take prior to the test, please call at (734) 232-3231 and ask to talk to the Nuclear Medicine Nurse.

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 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. Do not take Metformin (Glucophage®).
- 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 Medicine reception desk in The Cardiovascular Center on Level 1, 30 minutes before your appointment time.
- Plan on being at the hospital for 2-7 hours depending on whether you need both parts of the study.
 - The first part will take approximately 2 hours.
 - The second part will take approximately 5 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 another meal within an hour or so 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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