

## **What is a PET Myocardial Perfusion- Stress Test?**

PET Myocardial Perfusion-Nuclear Stress test takes a picture of your heart to find areas that may not be getting enough blood flow.

## **How do I prepare for PET Myocardial Perfusion- Stress Test?**

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

- If you know you are not able to lie on your back in a PET scanner for one or two 15-20 minute imaging sessions, 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. Should you require such medication, you 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 prior to your test. Your doctor may have special instructions for you.

### **Two days before the test:**

- 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, that includes alternative medications, but you cannot have the study if you are taking any form of theophylline.

## **The day before the test:**

### **Caffeine:**

- Do not eat or drink anything with caffeine 24 hours prior to the test including regular coffee, decaffeinated coffee, soda, tea, chocolate, energy drinks and over the counter pain medications that contain caffeine.
  - Please avoid decaffeinated beverages as well.

### **Insulin:**

- If you use long acting insulin take half of your usual dose the evening before your test (Lantus<sup>®</sup>, Toujeo<sup>®</sup>, Basaglar<sup>®</sup>, Tresiba<sup>®</sup>, Levemir<sup>®</sup>, Humalog N<sup>®</sup>, Humulin N<sup>®</sup>, Novolog N<sup>®</sup> or Novolin N<sup>®</sup>).
- Do not take any insulin or any diabetic medication including Metformin (including but not limited to Glucophage<sup>®</sup>) on the morning of your test.

### **Other medications:**

- If you take a medication called pentoxifylline, (Trental<sup>®</sup>, Pentoxil<sup>®</sup>), do not take any the day before your test 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 drink as much plain water as you like.
- Do not take any insulin or any diabetic medication including Metformin (including but not limited to Glucophage<sup>®</sup>) on the morning of your test.
- 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, including those medications you may have held prior to the stress test.

- 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, 15 minutes before your appointment time.
- Plan on being at the hospital for 2-3 hours as there will be wait times between different parts of the test. It is ok to 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 inject a radioactive isotope, rubidium-82 used to measure blood flow to your heart.
2. Regadenoson, (Lexiscan®) will also be injected to simulate the effects of exercise and increase blood flow to the heart.
3. You will lie on a PET/CT scanner (imaging table) for the duration of imaging (heart scans). Your injections will take place on the scanner.
4. Aminophylline will be given to you in your IV at the end of the test, to counteract the effects of the regadenoson.

### **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 an exercise physiologist.

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