

**CARDIAC NUCLEAR STRESS TEST  
(PET/CT)  
APPOINTMENT INFORMATION**

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

A cardiac nuclear PET/CT stress test is a diagnostic examination used to determine if your heart muscle is receiving an adequate blood supply at rest and during stress. The exam usually takes approximately 1 hour and involves receiving IV medication called Regadenoson. Regadenoson causes the blood vessel to dilate as in exercise without physically walking. Although you will not be exercising on a treadmill, please wear comfortable clothes and shoes .

- During the first phase, an IV is placed into your arm and you are hooked up to a EKG and blood pressure monitor. You will lay down and be placed into the PET/CT scanner. \* The isotope is given. The isotope is a heart radio tracer that allows the heart muscle to be imaged. Images take around 7-8 minutes
- You are then given the chemical stress test with Regadenoson. .
- You will continue to be monitored by EKG and blood pressure followed by a second injection of isotope. This also takes around 7-8 minutes for the images.
- Images will then be processed for the Cardiologist to read and you will hear in 2 to 3 days your results.

**If you have questions or if you need to change your appointment call the Scheduling Department at 691-5267**

**\*If you are claustrophobic please contact 816-691-5401 and ask for the PET/CT department.**

**DOB:** \_\_\_\_\_

**Time:** \_\_\_\_\_  
**(please check in 15 minutes prior to appointment time)**

**INSTRUCTIONS**

1. **Hold coffee or any caffeine products 12 hours prior to test.** (This includes any drinks labeled caffeine free, or decaffeinated.) In addition; tea, chocolate, Excedrin, Anacin, all forms of cafergot, Darvon, and Fiomal must be held.
2. **The following medications should be held prior to the test.**
  - **Hold all Nitrates or Nitroglycerin for 12 hours prior to the test.** (This includes; Imdur, Isosorbide, Isordil, and Nitro-bid). Remove nitro patches 2 hours before the test.
  - **Hold Theophylline 24 hours and Dipyridamole containing medications 48 hours prior to the test.** (This includes Persantine, Pletal (Cilostazol), Aggrenox.), if this is OK with the doctor that prescribed them.
3. **Eating and Drinking:**  
**Nothing to eat or drink 6 hours prior to test-continuing to avoid all caffeine products for 12 hours.**
4. **Diabetic Patients:** If you are diabetic, please hold all oral diabetic medications (glucophage, glyburide, avandia). Bring a ½ dose of insulin with you to your appointment.
5. **If you use an inhaler,** please bring it with you to the appointment.