

A PET stress test is a procedure used to view blood flow to the heart muscle. The blood flow to your heart at rest and the blood flow to your heart at stress are assessed. **This procedure will take approximately 1-2 hours.** Some of that time may be downtime spent in the waiting room. If you choose, bring something along to help occupy that time.

***Register at the Appleton Heart Institute (first floor)***

1818 N. Meade Street  
Appleton, Wisconsin 54911  
Phone (920) 731-8900 or (800) 236-8988

***Insurance Information***

Some insurance companies may require pre authorization for your scheduled procedure. Please check with your ordering provider and/or insurance company if you have questions about this. When doing so, the procedure code (CPT code) to reference for this procedure is 78492.

***Patient Preparation***

- Do not eat 4 hours prior to your arrival time. A meal eaten before that time should be light. **\*\*If you are diabetic please eat your meals as normal\*\***
- You may continue and are encouraged to drink water until the time of your procedure. **\*\*No caffeinated beverages, including decaffeinated coffees, teas, or sodas 24 hours prior to exam.\*\*** Please see attached sheet for complete list of medications and products to avoid prior to your exam.
- Bring a list of your current medications and the doses of each. Medication bottles can also be brought instead of a list. **\*\*If you use inhalers please use them as directed and bring them with you to the appointment.\*\***
- Beta-blockers, nitrates, and theophylline based medications are commonly held for this test. **\*\*Please see attached sheet for complete list of medications and products to avoid prior to your exam.\*\***
- It is recommended to wear a short-sleeved, loose fitting T-shirt for your comfort. It is often cool in the rooms, so bring a sweatshirt or sweater if you choose. There are also blankets available if needed.

***Upon Arrival***

When you arrive, you will register at the front desk. Please bring your insurance cards along. You will also need to sign a consent form for your procedure.

**Procedure**

- An IV will be started. EKG patches will be placed on your chest so heart rhythms can be monitored throughout the test. You will be placed in an open “donut-shaped” scanner. The images will take approximately 25 minutes. During this time you will be lying down and asked to rest both arms above your head.
- Through the IV, Rubidium will be injected while your heart is in a resting phase. *Rubidium is an imaging material that will circulate throughout your heart muscle.* Scanning (or pictures) of your heart will show where the Rubidium is able to circulate.
- A stress medication will then be given through the IV.
- After the stress medication infusion, another injection of Rubidium is administered. Additional scanning will take place to show where the Rubidium is able to circulate to your stressed heart. Heart rhythms and blood pressures will be monitored throughout the exam.

**Post Procedure Care**

You may resume normal activity immediately following the test, including driving yourself home from the exam.

**Post Procedure Results**

You should receive the results within one week from your physician’s office who ordered the test. If you have not received results after one week, please call your physician’s office.

**YOUR PROCEDURE IS SCHEDULED FOR:**

Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

**PRE-TEST INFORMATION FOR PATIENTS**

Substances to avoid before your Cardiolite or PET Test

**Please do not take 72 hours or 3 days prior to your test:**

<b>Drugs containing Theophylline</b>	
Aeorlate	Theo-24®
Constant-T®	Theoclear®
Elixophylline®	Theo-Dur®
Primatene® (tablets)	Theolair®
Quibron® (all forms)	Theo-Organidin®
Respid®	Theophylline
Slo-bid®	Theo-Sav®
Slo-Phylline®	Theostat®
T-HYPL®	TheoX™
Tedral® SA	

**Aggrenox is a medication that should not be taken 48 hours prior to your test.**

**Please do not take 24 hour or 1day prior to your test:  
UNLESS OTHERWISE INSTRUCTED BY YOUR PHYSICIAN**

<b>Beta Blockers</b>		<b>Long Acting Nitrates</b>	
Betaxolol	Lopresor® Betaloc® (Metoprolol Tartrate)	Imdur® (Isosorbide Mononitrate)	
Blocardren® (Blocardren)	Monacor® (Bisoprolol)	Isurdil® (Isosorbide Dinitrate)	
Coreg® (Carvedilol)	Penbutolol	Nitrodur	Minitran
Corgard® (Nadolol)	Sectral®, Monitan® (Acebutolol)	Nitropaste	Transderm Nitro patch
Inderal® (Propranolol)	Tenormin® (Atenolol)	Cialis	Viagra
Labatalol	Toprol XL		
Lopresor® Betaloc® (Metoprolol Succinate)			

**Please do not take 24 hours prior to your test:**

<b>Prescriptions Drugs Containing Caffeine</b>		<b>Over the Counter Drugs Containing Caffeine</b>	
Esgic® (all forms)	Fioricet®	Anacin®	
Fiorinal® (all forms)	Norgesic™	Excedrin®	
Synalgos-DC®	Wigraine® (all forms)	No Doz®	
Cafergot® (all forms)			
<b>Food and Drinks Containing Caffeine</b>			
Chocolate Milk	Coffee, Decaffeinated	Coffee: Instant & Brewed	
Hot Cocoa	Colas, diet etc.	Tea: Brewed, Instant & Iced	
Mountain Dew®	Mellow Yellow®/Sun Drop®	Chocolate-Coated Candy	Brownies
Mr. Pibb®	Root Beer	Chocolate Candy	Chocolate, Baking
Dr. Pepper®	Orange soda	Chocolate pudding	Chocolate Cake
Energy drinks	Diet Pills		