

# TEST INSTRUCTIONS

**PLEASE ARRIVE NO LATER THAN 15-20 MINUTES PRIOR TO YOUR TIME OF APPOINTMENT**

\*TO ENSURE YOU ARE CHECKED IN AND WE HAVE TIME TO PREP YOU FOR THE TEST. THANK YOU!\*

**PLEASE COME WEARING COMFORTABLE CLOTHING**

\*NO DRESSES OR UNDERWIRE BRAS\*

**PLEASE COME WELL HYDRATED**

\*TO MAKE YOUR IV ACCESS EASIER\*

**YOUR MEDICATIONS ARE OKAY TO TAKE UNLESS OTHERWISE INDICATED**

\*PLEASE CHECK YOUR TESTING INSTRUCTIONS FOR DETAILS\*

**PLEASE EXPECT TO BE IN OUR OFFICE UP TO ONE HOUR**

**YOUR STRESS TEST WILL TAKE 30 MINUTES UNDER THE CAMERA**

\*BOTH OF YOUR ARMS WILL BE ABOVE YOUR HEAD\*

**PLEASE FOLLOW THESE INSTRUCTIONS TO ENSURE SUCCESS AT THE TIME OF YOUR APPOINTMENT!**

**CONSULT OUR OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS PRIOR TO YOUR APPOINTMENT DATE**



## CLEARWATER OFFICE

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Clearwater  
Cardiovascular  
Consultants

# CLEARWATER CARDIOVASCULAR CONSULTANTS

**HAVE YOU BEEN SCHEDULED FOR A PET-CT CARDIAC STRESS TEST?**

THIS PAMPHLET WILL GUIDE YOU THROUGH WHAT TO EXPECT AND HOW TO PREPARE FOR YOUR TEST!

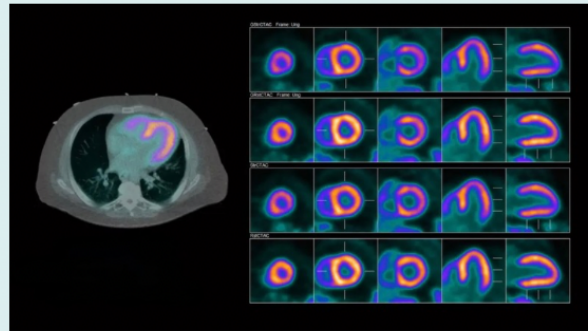


# WHAT TO EXPECT

Upon arrival, we will call your name and bring you back to start an IV, place electrodes on your chest, obtain an EKG of your heart, and monitor vital signs.

The imaging portion of the test will require both of your arms above your head for 30 minutes under the camera. You must remain still the entire duration of imaging.

**IF YOU ARE UNABLE TO LAY FLAT ON YOUR BACK, ARE CLAUSTROPHOBIC, OR UNABLE TO RAISE YOUR ARMS ABOVE YOUR HEAD, PLEASE CONSULT YOUR DOCTOR PRIOR TO BEING SCHEDULED FOR THIS TEST AS WE MAY NEED TO MAKE ACCOMMODATIONS PRIOR TO YOUR TESTING.**



# WHAT IS A CARDIAC PET-CT STRESS TEST?

A PET-CT scan works by using special cameras to pick up energy emissions of a radiotracer to create 3D images of your heart.

These images give your cardiologist diagnostic information about the blood flow to your heart.

Blockages of blood flow in your heart can be detected through cardiac PET-CT imaging.

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# TEST PREP

▶ **PLEASE HOLD CAFFEINE 12 HOURS PRIOR TO THE TIME OF YOUR APPOINTMENT**

This includes but is not limited to coffee, decaf coffee, teas, sodas, chocolate and/or any medications containing caffeine. If you have any caffeine in your system 12 hours prior to the test, our stressing medication will not work properly and we will have to reschedule your test for another day.

▶ **NO FOOD FOR 4 HOURS PRIOR TO THE TIME OF YOUR APPOINTMENT**

Please come well hydrated prior to your appointment. We welcome lots of water or juice leading up to your test, but restrict any food 4 hours prior to your appointment. Eating food within the 4 hours of your test causes a risk of poor images and chance of becoming sick during the test.

▶ **PLEASE HOLD ANY MEDICATIONS INDICATED ON YOUR TESTING INSTRUCTIONS**

If you are required to hold any medications prior to your test date, this will be indicated on your testing instruction paperwork. Please refer to your testing instructions to see if there are any medications you need to pause on taking. Thank you!