

PET CT

Patient Instructions

No caffeine for 24 hours or this test may be rescheduled.

Please be prepared to review your daily medication list, allergy list, and brief health history. It will be important to notify the staff of the following things:

- If you are pregnant or think you may be pregnant
- Have difficulty lying down
- Asthma, COPD/Emphysema or heart rhythm disturbances

Instructions for Test:

- Hold Nitroglycerine for 12 hours
- No alcohol or drug use to include marijuana.
- No Children allowed to procedures- please arrange childcare
- No Food 4 hours prior to study. You may have water and your medications.
- **No Erectile Dysfunction medications for 48 hours prior: Viagra (Sildenafil), Cialis (Tadalafil) and Levitra (Vardenafil).**
- Please hold any medication containing Theophylline :
Aminophylline, Persantine, Pentoxifylline, Aggrenox, Dypridomole for 48 hours prior to testing

NO caffeine for 18-24 hours or this test may have to be rescheduled.

Caffeine is in the following items:

- Coffee, including decaf
- Tea/Iced tea, including decaf or green tea
- Green Tea supplements
- Soda
- Anacin and Excedrin migraine headache medication
- Chocolate in any form (granola bars, cookies, ensure, ice-cream & etc.)
- Energy Drinks

What to Expect

When you arrive at the center, you will be injected with a very small amount of radioactive tracer to allow the scanner to "see" inside your body. The tracer has no side effects and will be quickly eliminated from your system. During the scan you will lie still on a comfortable table that moves. You will not feel anything because the scanner does not touch your body. You should allow 2 hours for the procedure. The scan time will take approximately 20 minutes or less. When the scan is complete you may leave, and you may eat and drink immediately if you wish. The images will be reviewed and dictated by our doctors. Results will be available within 5-7 business days.

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Stress Testing

A medication called Lexiscan (regadenoson) will be given through your vein, this medication takes the place of the treadmill. This drug causes the blood vessels to relax, much like nitroglycerin. Common symptoms after the injection may include facial flushing, fullness in your throat, chest discomfort, the need to take a deep breath and sometimes a queasy stomach. Symptoms are the result of the blood vessels relaxing and they will go away within 10 minutes of stopping the medication. Please be sure to inform the staff if you have a history of asthma or emphysema/COPD.

Risks

Although the risk of injury during a stress test is rare, there is some risk associated with this type of test. Heart attacks and heart rhythm disturbances and their complications, including death can occur during any test on the heart. Your vital signs and EKG will be monitored during the test. You may request to stop the test at any time by asking the provider present to do so. It is believed that the chances of having a problem with your heart are greater without the information gained from this test than the risk of injury from the test itself.

As a courtesy, we will contact your insurance for the authorization/certification of your appointment/testing. We recommend that you call your insurance to verify what portion of your deductible has been met and any out of pocket expenses you have paid. This will enable you to know the amount, if any, you are responsible for at the time of service. If you request or your insurance requires you to have testing at another facility, we would be happy to help arrange this test at your preferred providers location.

Date of

test: _____

Time of

test: _____

It is important that you arrive in a timely fashion and prepared for your test. Tardiness may result in rescheduling so that other patients are not inconvenienced.

Location of test:

3841 Piper St. Suite TLL-10, Anchorage AK LOWER LEVEL NEAR ELEVATORS