



Capital Cardiology Associates

CARING FROM THE HEART | A BENCHMARK CARDIOLOGY PRACTICESM

Diagnostic Imaging Suite

518-292-6030

www.capitalcardiology.com

- Corporate Woods - 7 Southwoods Blvd., 1st Floor, Albany, NY 12211
- 1785 Route 9, Clifton Park, NY 12065

Your Cardiac PET Test is Scheduled for:

Date: _____ **Time:** _____

No caffeine starting on: _____ Only plain water starting at: _____ on day of test

Cardiac PET/CT Exam Preparation

ALL patients must follow the following instructions. Failure to follow these instructions may result in your exam being **rescheduled**.

Please Note: If you are pregnant, think you may be pregnant, or are breastfeeding, please call our office prior to your appointment to discuss at 518-292-6030.

24 HOURS prior to your exam:

- **NO CAFFEINE or DECAFFEINATED products, this includes:**
 - Coffee (including regular and decaffeinated, brewed, instant, iced, etc.).
 - Tea (including regular and decaffeinated, brewed, instant, iced, green, etc.).
 - Soda (including regular, decaffeinated or diet).
 - Chocolate (including cookies, candy, ice cream, frosting, milk, drinks, cereal, etc.).
 - Energy drinks or supplements.
- **NO medications which contain CAFFEINE, this includes:**
 - Anacin[®].
 - Excedrin[®].
 - Persantine[®] (dipyridamole).
 - Theophylline or theophylline containing products (including Quibron[®], Slo-Phyllin[®] and Theo-Dur[®]).
 - If you take medication for migraines, please check these medications for caffeine content prior to taking.
 - If you have any questions regarding medications please call our office, 518-292-6030.
- You may continue all other medications, unless directed otherwise by your doctor.

The day of your exam:

- **Nothing to eat or drink besides plain water 6 hours prior to your exam.**
- Plan on being at the office for approximately one hour.
- Wear warm, comfortable clothing.
- Avoid wearing the following items:
 - Dresses, Shirts with buttons or snaps
 - Jewelry, especially necklaces.

CANCELLATION POLICY:

You will be charged a \$30 cancellation fee if you do not cancel your testing at least 24 hours prior to your scheduled appointment. Please call 518-292-6030 if you need to cancel or reschedule your appointment.

WHAT TO EXPECT FROM YOUR CARDIAC PET TEST:

- Most exams take one hour, however, a longer test should not be cause for concern.
- Our team will ask you questions about your medical history. Cardiac PET is safe for most people. If you're pregnant or think you might be pregnant, or if you're a nursing mother, tell your doctor before you have this test.
- You will be asked to lay on the scanning table made especially for the PET camera.
- Medication will be administered through an IV line in a vein in your arm.
- A small amount of Rubidium 82, a radioactive tracer, will be given through your IV line. This lets the PET camera capture pictures of your heart. Rubidium 82 is not a dye or contrast.
- Small, sticky pads (electrodes) will be placed on your chest so we can monitor the electrical activity of your heart throughout the study. The electrodes are attached to an electrocardiograph (ECG or EKG) monitor that charts your heart's electrical activity during the test. Your blood pressure, heart rate, and electrocardiogram (ECG) will be monitored before, during, and after the test.
- An injection of Lexiscan will also be administered. Lexiscan replaces the physical act of exercise and elicits the same response from your body that would occur if you were actually exercising. Pictures are taken before and after the Lexiscan injection and compared to see any differences. These differences helps your cardiologist determine whether there may be any blockages in your arteries. They can also see if there is damage to the heart muscle from a heart attack.
- To read more about your test and Capital Cardiology Associates, please visit our website at www.capitalcardiology.com.

