

After Your PET Scan

Your test is finished when both rest and stress scans have been completed. Be sure to ask the technologist about returning to your normal diet and routine. Most patients return to their normal routines immediately after the test. If you have any questions, feel free to ask the technologist before leaving the scanning room.



Your Scan Results

The scan information will be processed by the technologist and given to your own physician or an interpreting physician for review. A written medical report will then be generated.

Before you go home, be sure to make an appointment with your doctor's office for a follow-up visit to go over your results.

Your appointment is scheduled for:

Date:

Time:

Please notify us of any cancellation 24 hours prior to your procedure or risk a **\$500** medication fee.

Address:

If you need to cancel or reschedule your appointment, please call (562) 905-2244



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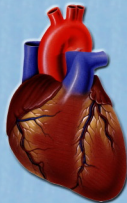
PET and SPECT heart scanning services
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Modern Nuclear, Inc.

**Cardiac PET
Imaging**



What is a Cardiac PET Scan?

A cardiac Positron Emission Tomography (PET) scan is used by doctors to evaluate the health of your heart. The results of this scan will help your doctor determine if you should have follow-up treatment. If you are already being treated for a heart-related condition, the results of this exam can also be used to help your doctor manage your treatment.



Before Your PET Scan

Knowing what to expect can help you feel more relaxed during the procedure. Most cardiac PET scans are completed in less than **one hour**; however, a longer procedure should not be cause for concern. **No caffeine products 48 hours prior to your test.** This includes tea, coffee (even decaffeinated), chocolate, soda, or energy drinks.

The following are general guidelines to follow before your scan:

- Consult your physician about taking your medications before the exam.
- Stop smoking before the test.
- Do not eat **4 hours** before your scan.
- Do not drink **2-4 hours** before the start of the test. Clear liquids are OK.
- Wear a comfortable two-piece outfit to the exam.



During Your PET Scan

- Trained medical personnel will be with you throughout the exam.
- You will be asked questions about your medical history.
- An **IV line** will be placed in your arm to allow administration of medication.
- Small pads (electrodes) will be placed on your chest so that the medical team can monitor your heart throughout the study.
- You will be asked to lie on a scanning table on your back during your PET scan.

- Your blood pressure will be monitored remotely during your scan procedure with an automatic blood pressure cuff.
- A **small amount** of radiopharmaceutical will be given through your IV line that allows the PET scanner to take pictures of your heart.
- The amount of radiation exposure you receive is low and considered **safe** by the National Council on Radiation Protection and Measurements.
- The PET scanner will take pictures of your heart in the **rest and stress** phases, each imaging phase will last up to 10 minutes.

During Your PET Stress Scan

- The stress phase (second part) of the exam is usually performed with a pharmaceutical that makes the arteries of your heart respond as if they were exercising.
- The pharmaceutical is given through the IV line while an electrocardiogram (ECG) is performed to monitor your heart.
- Please let the technologist know if you have **any** symptoms during the test to give them better assessment of your condition.
- You **may** experience chest pain, palpitations, headache, shortness of breath, or a flushing feeling during the test. However, these symptoms will subside within a couple minutes.