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### Myocardial Perfusion PET Stress Test

Your doctor has requested a PET Myocardial Perfusion (MP) Stress Test, This exam is also known as Rubidium PET Scan. This procedure is to evaluate the blood flow (perfusion) through the coronary arteries to the heart muscle using a radioactive tracer. The completed exam consists of intravenous access, resting images, a stress test (performed by use of a medication-- no exercise), and stress imaging.

#### **Before Arriving for Your Exam**

If you're pregnant, tell your doctor or scheduling personnel before the scan. The test may be postponed until after the pregnancy.

- You must fast 6 hours prior to your appointment time, except plain water.
- Refrain from caffeine 24 hours prior to your scheduled appointment, including coffee, sodas, chocolate, decaffeinated products, Excedrin, etc.
- No Theophylline for 48 hrs prior to test
- Please refer to your physician before discontinuing any medication.
- Please allow 2 hours for the entire exam.
- Please wear loose, comfortable clothing. No jewelry and no clothing with metal snaps , buttons or zippers.

#### **During Your Exam**

- The technologist will explain the procedure to you and answer any questions you may have. You will receive several injections through a temporary IV.
- The imaging and stress test will be performed while lying flat on the imaging table with your hands behind your head. Your time under the scanner will be approximately 35 - 45 minutes.
- At the end of your scan, images will be reviewed and you will be released.

#### **After Your Exam**

You may take medicines you were instructed not to take and resume normal activities once the exam is completed and you are released.

Your study will be reviewed by one of our cardiologists and the results will be sent to your physician if the test was ordered from outside our practice. Your physician will discuss these results with you and explain what they mean in relation to your health.

**Thank you for choosing Katy Cardiology Associates!**

Please visit our website below for more details about PET.