

## DIET RESTRICTIONS

If these restrictions are not met, your test may need to be rescheduled.

- ✓ You may have water or juice to drink.
- ✗ **NO** solid food a minimum of **4 hours** prior to your appointment time.
- ✗ **NO** drinks or food containing caffeine **24 hours** prior to your appointment time.

For example, avoid:

- ✗ Coffee and tea, regular, decaffeinated, caffeine-free or herbal
- ✗ Cocoa and chocolate
- ✗ Diet supplement foods
- ✗ Soft drinks such as Coke or Pepsi, regular, decaffeinated, caffeine-free, ice tea and energy drinks

## WHAT IF I AM DIABETIC?

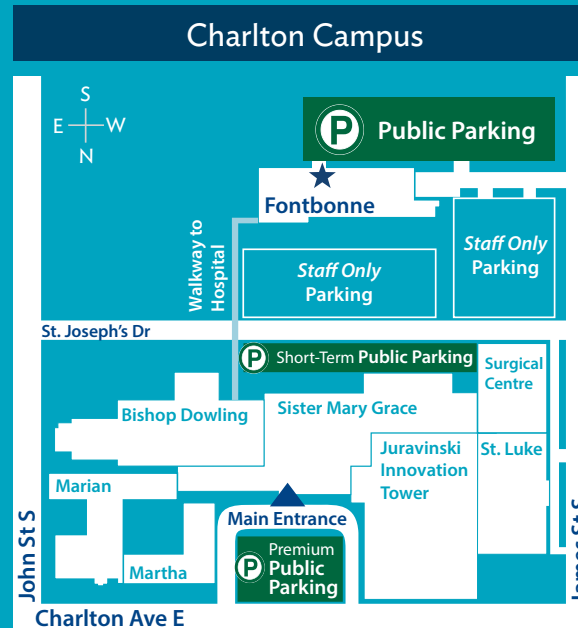
Do not take any insulin or oral medication while fasting 4 hours prior to testing. Bring your insulin and oral medication with you for administration after the test.

### FOR ALL FEMALE PATIENTS:

When you are contacted by the PET/CT Department to remind you of your appointment, let them know if you are breastfeeding or may be pregnant.

## WHERE DO I REPORT?

Please report to the Imaging Research Centre in the Fontbonne Building, Level 0, Room F129. Arrive at least 10 minutes prior to your appointment time.

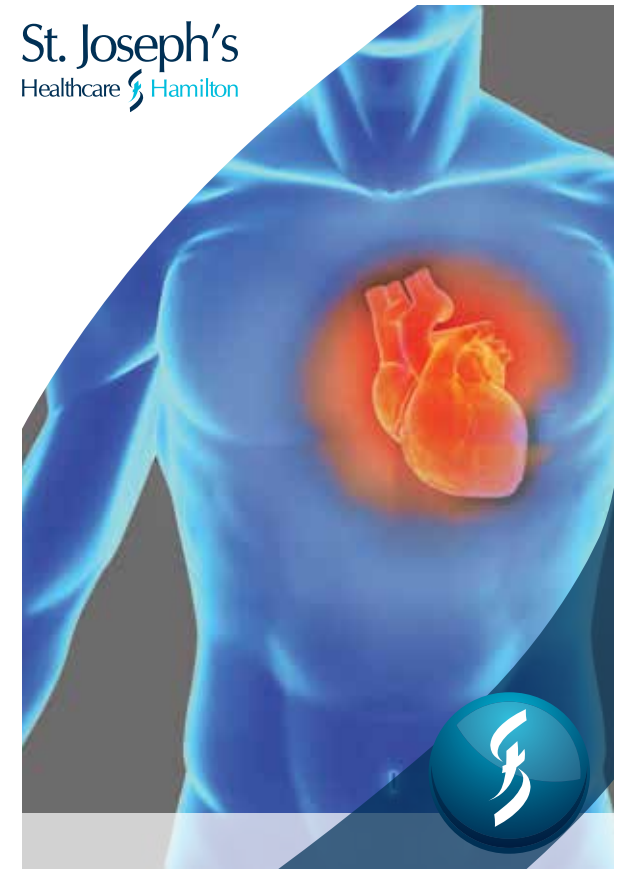


If you have any questions or concerns, please feel free to call our office at any time.

**PET/CT Department**  
905.522.1155 ext. 32746

St. Joseph's  
Healthcare  Hamilton

St. Joseph's  
Healthcare  Hamilton



## Molecular Imaging Cardiac PET/CT Scan

905.522.1155 ext. 32746

Molecular Imaging

St. Joseph's Healthcare Hamilton  
50 Charlton Avenue East  
Hamilton, Ontario L8E 4A6

Imaging Research Centre  
Fontbonne Building, Level 0, Rm F129

## WHAT IS A PERFUSION SCAN?

This is a non-invasive test that helps assess the blood-flow to your heart.

## WHAT IS INVOLVED IN THE TEST?

Small amounts of a radioactive tracer are injected into an intravenous line, which is inserted into your arm, to allow the technologist to take pictures of your heart. One set of pictures is taken of your heart at rest and the other after your stress test. During the stress portion of the test, you will be given a medication rather than walking on a treadmill. Your heart rate and blood pressure will be carefully monitored throughout the test.

## LENGTH OF TEST

The entire procedure from start to finish is typically done within 2 hours. Wear comfortable clothing and do not wear jewellery.



## WHAT HAPPENS WHEN I ARRIVE FOR MY APPOINTMENT?

- > After you register with your health card a member of the health care team will explain the entire procedure to you, ask about your health history and any medications you are currently taking.
- > You will be asked to sign a consent form.
- > An intravenous will be placed in your arm.
- > A small amount of radioactive tracer will be injected through the intravenous in your arm.
- > You will also be given a medication (Dobutamine or Persantine) which increases the blood flow to your heart.
- > You will lie on your back and we will make you as comfortable as possible.
- > The bed moves in and out of the scanner. You need to lie still and follow the instructions that we give you
- > We leave the room for short periods of time but we can still hear and see you at all times.

## WHAT HAPPENS AFTER THE TEST?

The technologist will inform you to resume any medications you may have stopped for this test. You will be able to eat and drink only after the test has been completed. Results of the test will be sent to your physician.

## WHAT ARE THE RISKS INVOLVED?

The stressing physician will discuss the risks and you will be asked to carefully read and sign the consent form prior to the stress test starting.

## MEDICATIONS

For this test your physician may decide to temporarily have you discontinue the medications you are taking.

Certain **pain medications** such as Tylenol #1, #2 and # 3 will need to be stopped **24 hours prior** to your appointment.



Please bring all of your medications in their original bottles with you on the day of the test.