



# CARDIAC PET/CT STRESS - TEST INFORMATION -

## INSTRUCTIONS

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- **AT LEAST 12 HOURS PRIOR TO TEST: NO caffeine or decaf drinks, food, or medications.**
  - NO coffee, tea, soda, chocolate, caffeinated medication (e.g. Excedrin), nor anything labeled “decaf”.
- **AT LEAST 4 HOURS PRIOR TO TEST:** you may have a light breakfast (e.g. oatmeal, toast, an egg). NO heavy meals. ***NO eating within the 4-hour window prior to the test.***
- If you are diabetic, contact your doctor for instructions regarding diet and medications prior to the test.
- If you are claustrophobic, contact your doctor for possible medication intervention. If medication is required for imaging, you cannot drive, and you must have transportation accommodation.
- You may be asked to discontinue or alter certain medications prior to the procedure.
- Please shower or bathe on the day of the test. Do not apply powder or lotion to your chest, arms or hands.
- Wear 2-piece, loose fitting clothes (bottoms and a separate top), and something warm if easily chilled. No metal on your tops. No metal under-wire bras.

### BRING WITH YOU:

- List of current medications, including dose and frequency taken,
- Insurance card(s) and any test referral / order forms,
- A soda and snack of your choice for AFTER your stress.

*Snacks and coffee are provided by the office*

## TEST PROCEDURE *Please ask questions at any time*

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*Rb82 PET/CT with Regadenoson Stress*

- You will be asked to read and sign a consent form.
- An intravenous (IV) line will be started; blood pressure cuff and ECG leads are placed.
- You will be lying mostly flat with arms above your head, if possible.
- 2 short CT scans will be acquired first.
- Rest PET images are acquired (~10 minutes) immediately with the 1st Rb82 IV Infusion.
- During the stress test portion, you will receive an IV injection of the stress medicine, Regadenoson, and will be continuously closely monitored.
- Stress PET images are then acquired (~10 minutes) immediately with the 2nd Rb82 IV Infusion.

**COMPLETE APPOINTMENT DURATION: ~2 HOURS**

**PET/CT DURATION: ~30 MINUTES**



# CARDIAC PET/CT STRESS

## - MEDICATIONS TO DISCONTINUE -

To ensure the most accurate results during your cardiac PET/CT stress test with **Regadenoson**, you may be asked to temporarily stop certain medications or substances before your test. Below is a general guide — always follow the instructions provided by your physician or testing site.

### Methylxanthines

- Caffeine: coffee, tea, soda, energy drinks, chocolate
- Some over-the-counter meds: Excedrin, certain diet pills, theophylline, aminophylline

**Why:** These substances can reduce the effectiveness of Regadenoson by interfering with its ability to dilate the coronary arteries.

**When to Stop:** Avoid for **at least 12 hours**, preferably **24 hours** before your test. Theophylline must be avoided for **3 days prior** to test.

### Dipyridamole-Containing Medications

**Examples:** Persantine®, Aggrenox®

**When to Stop:** Hold for **48 hours** before the test.

### Nitrates & Erectile Dysfunction (PDE5) Inhibitors

- Nitrates: Isosorbide mononitrate (Imdur), isosorbide dinitrate (Isordil), nitroglycerin (Nitrostat)
- ED meds: Sildenafil (Viagra), tadalafil (Cialis), vardenafil (Levitra), avanafil (Stendra)

**When to Stop:** *Nitrates: 24 hours prior; ED meds: At least 72 hours prior*

### Certain Beta-Blockers

**Examples:** Metoprolol, Toprol XL, Lopressor, Atenolol, Carvedilol (Coreg), Inderal, Propranolol

**Why:** May interfere with your heart's response during the test.

**When to Stop:** Withhold for **24 hours**, unless otherwise directed by your physician.

### Stimulants & ADHD Medications

**Examples:** Adderall, Vyvanse, Ritalin, methylphenidate, dexamphetamine

**When to Stop:** Hold for **24 hours** prior to the test.

### Additional Considerations

- **Never stop or adjust medications without consulting your doctor.**
- **Diabetic patients:** Please contact your doctor for specific instructions about insulin or oral diabetes medications.
- **Nitroglycerin Patches:** If you use a patch, remove it **1 hour before testing**, unless otherwise instructed.

### Questions?

Call your testing site or provider to confirm which medications apply to **you**. Individualized instructions may vary based on your medical history.