

## PET/CT Myocardial Perfusion Scan Rest & Stress

### What is a PET/CT Scan?

Your doctor has suggested you have a PET/CT scan as part of the evaluation at National Jewish. A PET scan is a shortened name for positron emission tomography. A PET scan views functioning tissues in the body. A CT or CAT scan is a shortened name for computerized tomography. A CT scan takes pictures of the inside of the body. The pictures are more detailed than a typical x-ray. A PET scan combined with a CT scan shows detailed images and functioning tissues within the body.

A PET/CT scan can help determine a diagnosis early. Your doctor will use this information to determine the best treatment for you.

### How do you get ready for the test?

- **Avoid** caffeine sources for 24 hours prior to this test. This includes coffee, decaffeinated coffee, tea, decaffeinated tea, herbal tea, soda pop and chocolate.
- **Do not eat or drink for 4 hours before the test is scheduled. You/your child may drink water only.**
- You may be asked to hold certain cardiac medicines before the test. Ask you doctor.
- You will remove some clothing. You will be given a gown to wear.
- Let the technologist know if you are pregnant or nursing.

### What is done during the test?

The radiology technologist will explain the PET/CT scan to you before you start. Ask questions if you don't understand. Before the study you/your child will need to remove some clothing. You will be given a hospital gown to wear.

The technologist will start 1 or 2 IVs in your arm(s). You will feel a prick when the IV is started. The IV(s) will be used to give you a liquid radiopharmaceutical twice. This will help view the functioning tissues of the heart during the scan. You will be given one dose before the resting PET/CT scan. You will be given a second dose before the stress PET/CT scan.

The IV will also be used to give you medication to stress your heart by increasing your heart rate. You may feel your increased heart rate if you are given dobutamine. You may feel flushing, chest tightness or other short term symptoms if you are given Adenosine.

The PET/CT scan does not hurt. During the resting and stress PET/CT scans you will lie still on a padded table. The technologist will give you instructions during the test. You will be asked to raise your arms above your head during the scan.

## What should you do after the test?

You can resume normal activities after the PET/CT scan.

## How long will the test take?

A PET/ CT scan takes about 1 hour.

## How do you get to your test?

If you are being seen at National Jewish Health, your appointment is in the Institute for Advanced Biomedical Imaging (Radiology). You will be directed where to go when you check-in. If you have any questions you can contact Advanced Biomedical Imaging (Radiology at 303-398-1611).

Visit our website for more information about support groups, clinical trials and lifestyle information.

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