PATIENT NAME/ACCT#: _____

JHC PHYSICIAN:_____ DATE/TIME:_____

CARDIAC PET INSTRUCTIONS

Note: Please arrive at least 15 minutes early for your appointment. If you arrive after your scheduled appointment time, for any reason, expect for your procedure to be rescheduled.

HOW DO I PREPARE FOR THE TEST?

1. **NO CAFFEINE FOR 48 HOURS PRIOR TO THE PROCEDURE.** This includes coffee, decaffeinated beverages, chocolate, tea, soda and certain migraine medications including Excedrin, Anacin, Fioricet, and Fiorinal.

2. You may eat a light breakfast **1-2 hours** prior to the procedure. As an example: toast, juice, cereal, or oatmeal would be acceptable. If you are diabetic, you may eat a small meal and take your regular diabetic medications.

3. Drink plenty of water the morning of the procedure.

4. Do not take any of the following medications **48 hours** prior to the procedure: Pentoxifyllin, Theolair, Theo-24, Theophylline, Respid, Trental, Slo-Bid, Theo-dur, Uniphyl, Aggrenox, Persantine, or Dipyridamole.

5. No nitroglycerine or nitrates the **day of the test**. This includes the nitro patch, sublingual pills, spray or any other form of nitroglycerine (for example: isosorbide and nitrobid).

6. You may take any other medications that are not listed above. If you will need any anxiety or pain medications, please bring them with you. If you use inhalers, please bring them with you.

7. **If you are severely claustrophobic, please call the office prior to your procedure.**

8. You should wear loose, comfortable clothing. If you tend to get cold, a long sleeve shirt is suggested and bring a sweater or jacket with you. Wear comfortable shoes – no heels or dresses.

9. Male patients may want to shave their own chests for EKG lead placement, if needed. Otherwise, a dry shave will be required in the clinic on the day of the test.

10. The total time for the nuclear stress test is 1.5 hours.

Patient Signature of Acknowledgement Date

FOR QUESTIONS CONTACT: JHC IMAGING DEPARTMENT @ 601 982-7850, EXT. 152.