

Cardiovascular Specialists of Frederick, LLC

180 Thomas Johnson Drive, Suite 202
Frederick, MD 21702

184 Thomas Johnson Drive, Suite 204
Frederick, MD 21702

Phone: 301-631-6877

Fax: 240-566-7820 or 301-631-1620

**Edward P. Riuli, M.D., F.A.C.C. John A. Vitarello, M.D., F.A.C.C. Nirmal K. Shah, M.D., F.A.C.C.
Aimee Park, M.D., F.A.C.C. Anwar Malik, M.D., F.A.C.C. Sumit Duggal, M.D., F.A.C.C, R.P.V.I.**

PATIENT PET CHECKLIST

SUMMARY OF ESSENTIALS FOR CARDIAC PET STRESS TEST

- 1. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT**
- 2. **IF TEST IS SCHEDULED 12 NOON OR AFTER, YOU CAN HAVE A LIGHT BREAKFAST
BEFORE 8:00 A.M. (CEREAL AND APPLE JUICE)**
- 3. **NO CAFFEINE OR DECAF PRODUCTS 24 HOURS BEFORE THE TEST INCLUDING CHOCOLATE
AND
COCO**
- 4. **NO OVER THE COUNTER MEDICATIONS CONTAINING CAFFEINE.

*PLEASE READ THE LABELS CAREFULLY***
- 5. **PLEASE NOTIFY OUR CHECK OUT DESK RECEPTIONIST IF YOU ARE AFRAID OF CLOSE SPACES
(CLAUSTROPHOBIC)**
- 6. **NO SMOKING OR NICOTINE PRODUCTS 24 HOURS BEFORE THE TEST**

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Dobutamine PET Myocardial Perfusion STRESS TEST

You are scheduled for your PET Stress Test on _____ @ _____ AM/PM

At 184 Thomas Johnson Drive Suite 204

The quality of this test depends on you following these instructions!

INSTRUCTIONS

24 HOURS PRIOR TO YOUR TEST:

1. If you take any of the medications on this Medication List, they **must be held for 24 hours** the day before and **the day of the test** unless otherwise stated by your physician.

MEDICATION LIST

Acebutolol (Sectral)	Metoprolol (Lopressor) (Toprol XL)
Atenolol (Tenormin)	Nadolol (Corgard)
Bisoprolol (Zebeta)	Pindolol (Visken)
Bystolic (Nebivolol)	Penbutolol (Levatol)
Betaxolol (Kerlone)	Propranolol (Inderal)
Carteolol (Cartel)	Sotalol (Betapace)
Carvedilol (Coreg)	Timolol (Blocadren)
Diltiazem (Cardizem) (Tiazac)	Verapamil (Calan) (Isoptin)
Digoxin (Lanoxin, Digitek)	Ziac

Do not take any stomach medication : i.e., Zantac, Prevacid, Nexium, or Protonix

You **may** take any **unlisted** medications unless otherwise instructed by your physician.
You may have enough water to take these medications.

DIABETIC PATIENTS:

- Please do not take oral diabetic medicines or insulin the morning of the test.
- Bring your Diabetic medicines with you
- Bring your glucometer with you.

LUNG PATIENTS:

If you use inhalers you must bring them along!

2. If you need Valium, you will need a driver

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3. DO NOT EAT OR DRINK ANYTHING CONTAINING CAFFEINE FOR 24 HOURS PRIOR TO YOUR PET STUDY. Review Caffeine Free Guideline Sheet!

***THIS CAFFIENE RESTRICTION IS VERY CRITICAL! CONSUMPTION OF CAFFIENE WITHIN 24 HOURS OF THE PET STUDY WOULD PRODUCE UNRELIABLE OR INVALID RESULTS.**

*If you have caffeine within 24 hours of your PET stress test, you could have a "False Negative" test. The caffeine blocks the Persantine/Dipyridamole stress medicine from working and your heart will not be stressed. This means your test could be read as normal/near normal when you actually could have critical coronary disease or blockage. Having caffeine within 24 hours of your stress test will put you at increased risk of, but not limited to, heart attack, heart failure, and/or death if you do have coronary artery disease. **Please DO NOT** have caffeine for 24 hours prior to your Cardiac PET stress test.*

4. FOOD RESTRICTIONS:

All appointments BEFORE NOON, do NOT eat or drink ANYTHING after midnight the night before.

All appointments AFTER NOON

May have a light breakfast the day of your test before 8 a.m. i.e., A bowl of cereal and juice or toast and juice. Best to avoid citrus juices due to their acidity. You may drink some sprite or ginger ale, if you prefer.

5. DO NOT SMOKE FOR 24 HOURS PRIOR TO YOUR PET STUDY.

***THIS SMOKING RESTRICTION IS VERY CRITICAL! SMOKING WITHIN 24 HOURS OF THE PET STUDY WOULD PRODUCE UNRELIABLE OR INVALID RESULTS.**

On the Day of Your Test:

BRING YOUR MEDICATIONS WITH YOU ON THE DAY OF YOUR TEST.

Bring the following items with you:

- Insurance cards and HMO referrals. **Referrals are your responsibility.**
- Your medicines, as it may be necessary for you to take some of them during the testing process at the direction of the MD.
- Wear comfortable clothing.

If you have any questions, please call 301-631-6877.

*****In the event you need to cancel, please call 301-631-6877**

Ext.202 before 3PM the day before your appointment.

Disclosure:

Your Physician has ordered you to have a Dedicated Cardiac PET {Positron Emission Tomography with Germanium rod attenuation correction} Imaging procedure of you heart. Currently the closest facility also able to provide this imaging procedure is:

*Hagerstown Heart
1733 Howell Road
Hagerstown, Maryland 21740
301-797-2525*