

**Cardiovascular Specialists of Frederick**  
**184 Thomas Johnson Drive Suite 204**  
**Frederick, Maryland 21702**  
**301-631-6877**  
**Nuclear PET and SPECT Test Instruction Sheet**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date \_\_\_\_\_ TIME \_\_\_\_\_

\_\_\_\_\_**PET STRESS TEST:** You have been ordered a PET stress test which takes about **2 to 2.5 hours**. It will be done while lying on your back on a rigid metal table for 45 to 55 minutes long. The PET camera is a large tube that the table is positioned through in such a way that your head and arms are out, and your legs are out, only your chest will be in the camera.

1. You will need to be able to bring both of your arms up into a diving position above the head.
2. If you Suffer from Claustrophobia or Severe Anxiety and the doctor prescribed a sedative:
  - a. **If you are to receive a sedation medication for the exam, you will need to arrive an additional 15 minutes earlier to receive medication.**
  - b. **If you are to receive a sedation medication you will need to be accompanied by a responsible adult who can drive, you home.**

\_\_\_\_\_**SPECT STRESS TEST:** You have been ordered a SPECT stress test which will take **3 to 4 hours** long. The imaging is done while sitting in a reclining chair with your arms resting above your head.

**FOLLOW ALL INSTRUCTIONS BELOW FOR ALL PET OR SPECT STRESS EXAMS:**

**NO CAFFEINE** 24 Hours Prior to your exam: Examples; Coffee, Tea, Decaff, Cocoa, Hot Chocolate, Colas, Mt. Dew, or energy drinks. No Chocolate candy, chocolate baked goods, Chocolate energy bars or chocolate ice cream or meal supplements drinks. No medications that contain caffeine. Example: Anacin, Aspirin Free Excedrin Caplets, St. Headache Pain Relief, Caffeine, Phenylpropanolamine, Excedrin, Goody's Extra Strength tablets, Goody's Headache powder, Midol, No Doz, Quick Pep, Stay Awake, Stim, Vanquish, and Vivarin,

**No Food or Drink** 6 hours prior to your exam time. All food & Drink must be stopped 6 hours prior to exam.  
\*\*\*\*\*If you eat the day of exam Keep it Light\*\*\*\*\* WATER ONLY DAY OF TEST\*\*\*\*\*

**No Smoking, Vape, chew tobacco or Use Nicotine gum, lozenges, or patches** 24 hours prior to your study.

**No using of Viagra (Sildenafil), Revatio, Cialis (Tadalafil), Levitra (Vardenafil), Theo 24, or Caverject (Alprostadil)** for 48 hours prior to your Stress test

**No using of any Ulcer or stomach acid drugs the day of your PET study** Ex. Prilosec, Zantac, Protonix etc.

**No use of any oral diabetic medicines or insulin the morning of your exam.** Bring your medicines and glucometer with you.

**No children under the age of 12 are allowed to be brought to this exam, this exam involves radiation.**  
**Yes,** take any daily inhaler medications as normal and if you have a rescue inhaler bring it with you.

**Yes,** take your blood pressure and heart medications with a small sip of water on the day of your test unless told otherwise for a Treadmill Exercise Stress Test.

**Yes,** take any non-caffeine-based Pain medicine you currently use for pain control as needed with a small sip of water.

**Yes,** wear comfortable **2 piece set clothing** & shoes as we will need to access for IV site and place ECG leads on your body.

**Yes,** bring a Snack and Drinks None caffeinated & caffeinated with you if you are having a **SPECT** Exam for after the stressing portion.