

Your Guide To: PET VIABILITY SCAN



HOW DO I PREPARE FOR THE TEST

THE NIGHT BEFORE YOUR TEST YOU SHOULD FOLLOW A HIGH PROTEIN, LOW CARBOHYDRATE DIET.

Foods high in protein are lean meats, beans, peanut butter, cheese and nuts. Foods to avoid (high carbohydrates) are bread, pasta, potatoes, rice or ready-made shakes.

The morning of your test do not eat or drink 6 hours prior to test.

You may have a small amount of water to take your medications. If you are Diabetic, the technologist will call you to provide further education for taking or holding diabetes medications.

WHAT SHOULD I WEAR

You should dress comfortably. Loose two-piece clothing should be worn to the test. The camera room is kept at a cool temperature; consider layering and bringing a blanket.

WHAT TAKES PLACE DURING THE PROCEDURE

Upon arrival blood sugar levels will be checked by a finger stick. Based on the amount of sugar already in your blood, you may be asked to consume a small amount of sugar based jelly. You will then lie on the PET scanner bed, an IV will be started in your arm, and you will be connected to an ECG monitor. We will raise your arms over head for a baseline image of your heart. A radioactive tracer will be injected to image blood flow to your heart. You will not feel any different after receiving this tracer. These pictures will take about 15 minutes.

After the pictures you will move to a recliner chair in the same room. Your blood sugar will be checked again by a finger stick. At this point if your sugar is within range you will be given an injection of a different radioactive tracer that will absorb into the heart muscle. You will not feel any different after this injection. Depending upon your blood sugar reading you may need a small amount of insulin to help the heart muscle take up the radioactive tracer. It is rare to feel any effects from the insulin, if you notice any changes, please notify the person who is closely monitoring your test. You will remain in the recliner as still as possible for 60-90 minutes to allow the radioactive tracer to absorb into the heart tissue. There will be a second set of images that will take 15 minutes, and will show the physician how much glucose the heart muscle is using.

The entire test can take anywhere from 2-3 hours. If you take medications for anxiety or claustrophobia, consult the nuclear technologist prior to your exam for instructions on taking these medications before the test.

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WHAT IS A CARDIAC VIABILITY EXAM?

A Cardiac Viability Exam helps to evaluate the tissue in your heart muscle following a significant cardiac event or chronic blockage. This test uses a radioactive tracer that acts like glucose in the body to show how much energy the tissues in the heart muscle are using. Doctors use the images to determine if restoring cardiac blood flow to the heart tissue would be beneficial to you.

IS THE STUDY SAFE?

A PET viability scan is very safe, and complications are very rare. Our well trained professionals adhere to all required guidelines and are equipped to handle any situation that may arise. The radiation that you are exposed to with this test is very minimal and will dissipate over a short period of time. You will be asked to increase your fluid intake after the exam to decrease exposure time. The benefit of the test will greatly outweigh the risk from radioactive exposure

WHAT DOES THE STUDY DETECT?

Major cardiac events may leave heart tissue damaged. It is often difficult to tell if this tissue is damaged, recovering or no longer functional. This study will be used to evaluate the heart tissue to help determine the most beneficial and safest outcome for the patient. By using radioactive labeled sugars to take pictures of the heart, it will help show any tissue that is still active or recovering that can be restored to improve cardiac health. These images will help your doctor make the best decision for the next steps in your cardiac care.

WHEN WILL I GET RESULTS?

Once you have completed your study, before you leave the clinic, we will let you know when and how you can expect to receive your results.

PLEASE NOTE!

You will receive a call from the nuclear technologist the day prior to your scheduled appointment with an appointment time and to go over fasting and medication instructions. Be sure to have all of your questions answered to ensure that the process goes smoothly.

If you are not properly prepared, we may have to postpone your study. Please read the contents of this brochure and follow all directions.

Please call the PET Department at 985-873-4014 or 985-876-0300 if you have any questions.