

BEFORE YOUR HEART SCAN

Knowing what to expect can help you feel more relaxed during the procedure. Most cardiac PET/CT scans are completed in less than **thirty minutes**; however, a longer procedure should not be cause for concern.

No caffeine 24-48 hours prior to your test. This includes tea, coffee (even decaffeinated), chocolate, soda, or energy drinks.



The following points are general guidelines to follow before your scan:

- Consult your doctor about taking medications before the exam.
- Stop smoking before the test.
- Do not eat 4-6 hours before your scan.
- Do not drink 2-4 hours before the start of the test. Clear liquids are okay.
- Wear a comfortable two-piece outfit to the exam.
- Bring a copy of your Insurance card(s) and Personal Identification card (drivers license is OK).

DURING YOUR HEART SCAN

Inside the medical trailer, your test will be led by a nuclear medicine technologist and a paramedic. They will start by getting a copy of your *Insurance card(s)* and *Personal Identification card*.

An IV line will be started in your arm or hand to allow administration of medication. You will be escorted and assisted onto the scanning table where the following procedures will begin:

Small pads (electrodes) will be placed on your chest so the medical team can monitor your heart.

Your blood pressure will be monitored remotely during your scan with an automatic blood pressure cuff.

A **small amount** of radiopharmaceutical will be given through your IV line for both phases of the test. This allows the scanner to take pictures of your heart.

The scanner will take pictures of your heart in both **rest & stress** phases. Each phase will be around 8 minutes, so please keep still during these times.

During the stress phase of the exam, you will be injected with a pharmaceutical* that will make your heart respond *as if you were exercising*.



medical trailer with PET/CT scanner inside

please note: **no restrooms** available inside the medical trailer

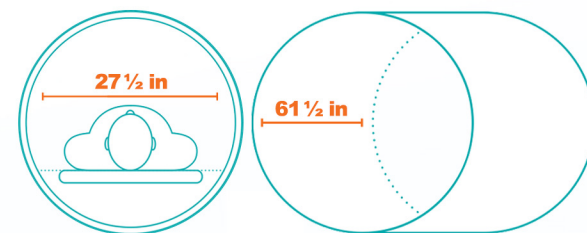
AFTER YOUR HEART SCAN

Your test is finished when both the rest and stress scan have been completed. Once assisted off the scanning table, please be sure to consume caffeine to counteract any side-effects you may experience. There will be caffeine options like coffee, tea, and chocolate available to you in the trailer.

After your scan, the technologist will process your scan for your cardiologist to review. Please be sure to schedule your follow-up visit with your cardiologists office to review the results.

INSIDE THE PET/CT SCANNER

Please be aware that you will be completely inside the scanner during both the rest & stress phases. Both the front and back sides of the scanner are open-ended. Let your physician know if you have trouble with small spaces or claustrophobia prior to the exam. The doctor may prescribe medication to help you relax.



*You **may** experience chest pain, palpitations, headache, shortness of breath, or a flushing feeling. These symptoms are normal and will subside shortly.

WHAT IS A CARDIAC PET/CT SCAN?

A cardiac Positron Emission Tomography with Computerized Tomography (PET/CT) scan is the state-of-the-art, highest quality scan available today which demonstrates blood flow to your heart. Doctors use this scan to evaluate the health of heart.

The results of this scan will help your doctor determine if you should have follow-up treatment. If you are already being treated for a heart-related condition, the results of this exam can also be used to help your doctor manage your treatment.



PET/CT scanner used for cardiac scanning



Scan the above QR code using your smartphone for a video walk through of the entire cardiac scan procedure.

YOUR SCAN INFORMATION

Your appointment time is scheduled for:

Date:

Time:

Address:

Newport Harbor Lutheran
Church and School
798 Dover Drive
Newport Beach, CA 92663

If you need to cancel or reschedule your appointment, please call (562) 905-2244

Please notify us of any cancellation 24 hours prior to your procedure or risk a \$500 medication fee.



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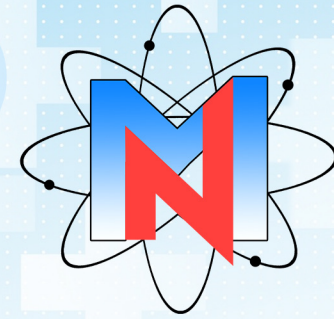
MOBILE PET/CT & SPECT IMAGING

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