

PET (Positron Emission Tomography) Cardiac Inflammation Imaging

General Information

A PET cardiac inflammation imaging helps your health care provider look for inflammation (from a build-up of protein) or an infection in your heart or an infection.

You will need to follow a special diet for 24 hours before the test.

During the test, you will receive a radioactive material, known as a tracer, through an intravenous (IV) line in your hand or arm.

The amount of radiation you will receive from the tracer is small. It is about what you receive from a CT chest scan.

For imaging, you will need to lie flat on your back for up to 30 minutes. The camera will not come over your face but it will come close to your chest. Talk with your health care provider if this may be a problem.

The test takes about 2 hours.

Your Test

Date: _____

Time: _____ a.m. / p.m.

Location: Mercy Heart Center,
4040 Coon Rapids Blvd., Suite 8
Coon Rapids, MN 55433
(Enter through The Heart Center
entrance.)

Please arrive 15 minutes before your appointment.

Please try to call within 24 hours if you need to cancel or reschedule your exam. Call 763-236-7700 between 6:30 a.m. and 4:30 p.m.

(over)

Eating and Drinking Before the Test

- A nuclear technologist will call you to talk about your diet changes.
 - For 24 hours before the test, **do not have any:**
 - sugar
 - gum (including sugarless)
 - starches (such as pasta, bread, potatoes, rice)
 - caffeine (including decaffeinated coffee or tea).
- Do not eat or drink anything after 5 p.m. the night before your test. You may have small sips of water.

Before the Test

- You may need to stop taking some medicines before the test. Two days before your test, talk with your health care provider or call 763-236-7700.
- For 24 hours before the test:
 - Follow the diet changes.
 - Do not exercise or do any vigorous activity (such as yard work or sports).
 - Do not have a deep tissue massage.
- Wear comfortable clothing with as little metal as possible (such as zippers).
- Bring a list of your current medicines and allergies with you. Be sure to include prescription and over-the-counter medicines, vitamins and herbals.
- Tell the technologist if you are breastfeeding, pregnant, or think you may be pregnant.

During the Test

- Your blood glucose level will be checked.
- You will have an intravenous (IV) line placed in your arm or hand.
- You will lie on your back on an imaging table with your arms over your head.
- You will lie still for about 20 minutes.
- The nuclear technologist will inject the radioactive material (tracer) through your IV. This tracer will allow images to be taken of your heart.
- The PET camera will take pictures of your heart for about 10 minutes.
- You will be taken out of the PET camera and will be moved to a quiet room.
- The nuclear technologist will inject a second tracer through the IV.
- About 1 hour after the second injection, you will be taken back to the PET camera. The scan will be repeated.

After the Test

- The IV catheter will be removed from your arm or hand and a bandage put on.
- You should avoid close contact with others (especially children) for 12 hours after your test.
- You will need to drink extra liquids (water is best) and go to the bathroom often for 4 hours after the test.
- You may return to your normal activities.
- The test results will be sent to the doctor who ordered this test for you. You should receive the results in 5 to 7 business days.

Whom to Call With Questions

Call 763-236-7700 between 6:30 a.m. and 4:30 p.m. if you have any questions about the test.