

Your physician has referred you to St. Luke's Hospital PET/CT Department for Cardiac PET myocardial perfusion imaging (PET MPI). Our goal is to provide you the best possible medical care for you and your family. Please take a few minutes to read this general information on Cardiac PET MPIs to help you understand and prepare for your scan.

PLEASE FOLLOW THESE INSTRUCTIONS:

- Your test will usually take around 1 hour.
- It is very important to arrive on time due to the short time the material can be used and the coordination of health care providers.
- If possible, please bring all of your previous MPI films/studies with you if not performed at St. Luke's Hospital.
- You may drink water only before your exam.
- Please refrain from nicotine and caffeine 12 hours prior to your scan.
- Do not eat or drink anything 6 hours before your scan.
- Certain medications, such as nitrates and beta blockers, need to be withheld at the discretion of your physician.
- If you are diabetic, inform your physician who may give you special instructions to prepare for your scan.
- Feel free to bring relaxing music to listen to during your scan or we can play music for you.
- Wear comfortable, non-metallic clothing.
- Let us know if you are claustrophobic.
- Let us know, prior to your scan, if you might be pregnant or are currently breastfeeding.



YOU'VE BEEN SCHEDULED FOR A CARDIAC PET EXAM:

Parking and Registration:

- You are scheduled at Delsoge Outpatient Center. Please park in front of Building A, or you may use valet parking located directly in front of Building A. Register in the registration area on the first floor of the Delsoge Outpatient Center, Building A.

Date: _____

TIME: _____: _____ AM PM

For questions or for more information, please call and ask for a PET technologist at **314-205-6538**.

To schedule or to change a PET exam appointment, please call **314-205-6565**.



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About Your Exam: Cardiac PET Myocardial Perfusion Imaging



In alliance with
 **Cleveland Clinic**
Heart and Vascular Institute

WHAT IS A CARDIAC PET MPI EXAM?

A cardiac positron emission tomography (PET) myocardial perfusion imaging (MPI) exam is used by doctors to evaluate the health of your heart by measuring the blood flow that it receives. People who receive this exam may have symptoms and/or risk factors for heart disease. The results of this exam 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.

CARDIAC PET MYOCARDIAL PERFUSION IMAGING OFFERS THE FOLLOWING ADVANTAGES:

- A complete gated rest/stress cardiac PET procedure can be performed in as little as 30 minutes for optimal patient comfort, convenience, and satisfaction;
- The Rubidium-82 (⁸²Rb) tracer used in cardiac PET myocardial perfusion imaging supplies a substantially lower radiation dose than with other methods;
- The exam performs well for patients with inconclusive previous stress tests, those with high BMI, and individuals with large chests; it also more accurately identifies multi-vessel disease.
- Studies have shown Cardiac PET images have the greatest accuracy of all stress testing;
- St. Luke's Hospital is the only provider of Cardiac Stress PET* MPI in the entire St. Louis Metropolitan area.

** We are currently the only hospital in the region offering PET Rubidium-82 myocardial perfusion imaging.*

WHAT SHOULD I EXPECT WHEN I ARRIVE?

Trained medical personnel will be with you throughout the exam.

- Please arrive 30 minutes early; we will register you and review your medical history and any past exams.
- An IV line will be placed in a vein in your arm to allow administration of medication during the exam.
- Small pads called electrodes will be placed on your chest so that the medical team can monitor the electrical activity of your heart throughout the study.
- You will be asked to lie on a scanning table made especially for the PET camera.
- A small amount of radiation exposure you receive is considered safe by the National Council on Radiation Protection and Measurements.
- A PET camera will take pictures of your heart in two phases: a resting phase and a stress phase. The order in which these phases occur will be determined by the supervising doctor.
- These phases are then compared to allow for the assessment of blood flow through your heart and/or to look for prior damage to the heart muscle.

WHAT SHOULD I EXPECT DURING THE SCAN?

- The Cardiac PET MPI images, or scan and stress test, takes about 30 minutes. Typically, you will be at the facility about an hour.
- You will lie on a comfortable, padded table. The table will move slowly through the donut-shaped PET/CT scanner as it acquires the information needed to generate diagnostic pictures.
- You will be asked to lie very still and be given breathing instructions during the scan because movement can interfere with the results.
- A technologist will monitor you during the exam and answer your questions.

WHAT HAPPENS AFTER THE SCAN?

- In most cases, you may leave as soon as the Cardiac PET MPI study is complete.
- Unless you have received special instructions, you will be able to eat and drink immediately. Drinking lots of fluids soon after the scan will help remove any of the tracer that may still be in your system.
- When the scan is complete, an interpreting physician (specially trained medical imaging physician) will review your pictures. Your physician will receive a report detailing the findings of your scan and will follow-up with you.

SAFETY OF CARDIAC PET/CT SCANS

Be assured that PET/CT scans are a safe and effective diagnostic procedure. The tracer used in the PET department will not remain in your system long, so there is no reason to avoid interacting with other people once you leave the center. If you have any additional questions, please call and ask for a PET technologist at St. Luke's Nuclear Medicine & PET/CT Department at **314-205-6538**.

