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*Randomized Trial of Comprehensive Lifestyle Modification,
Optimal Pharmacological Treatment
and PET Imaging for Detection and Management of
Stable Coronary Artery Disease*

Caffeine-Free Guidelines in Preparation for P.E.T. Scan

You have been scheduled for a P.E.T. Scan on _____.

Foods, beverages, and other products containing caffeine will interfere with the results of your test, so please follow the guidelines below:

Before the test:

Avoid all products containing caffeine for **24 hours** before the test. Even caffeine-free and decaffeinated beverages should be avoided. In general, caffeine is found in coffee, tea, colas, and chocolate products. Since many over-the-counter and prescription medications also contain caffeine, consult with your physician, pharmacist, or nurse before taking any medication within 24 hours before your P.E.T. Scan. **Do not discontinue taking any medication without consulting with your physician.** Some common medications containing caffeine are listed in the handout.

What are some specific guidelines for limiting caffeine?

BEVERAGES TO AVOID THAT CONTAIN CAFFEINE:

- Chocolate milk, chocolate milkshakes, Hot chocolate, and Chocolate drinks.
- Cocoa Mix, Malt Powder, Chocolate Flavoring
- All Soda (Regular, diet, and Caffeine-free)
- Tea (Regular or Decaffeinated)
- Coffee (Regular or Decaffeinated)
- Chocolate or Coffee Liqueurs

INSTEAD, TRY THESE BEVERAGES:

Fruit juices, Lemonade, Club soda or Tonic Water, or Water

FOODS TO AVOID THAT CONTAIN CAFFEINE:

- All Chocolate products including brownies, cakes, and éclairs
- Chocolate candy including fudge and chocolate covered coconut, raisins or peanuts
- Chocolate covered graham crackers (or chocolate flavored graham crackers or cookies)
- Chocolate ice cream, or pudding

PLEASE NOTE: IF YOU ARE NOT SURE IF A FOOD OR BEVERAGE CONTAINS CAFFEINE, DO NOT EAT IT!



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COMMON OVER-THE-COUNTER DRUGS CONTAINING CAFFEINE

<u>DRUG NAME</u>	<u>CAFFEINE CONTENT</u>
Actamin Super	65.4 mg
Anacin Maximum Strength	32 mg
Anacin Tablets & Caplets	32 mg
Aspirin-Free Excedrin Caplets	65 mg
Bayer Select Maximum Strength Headache Pain Relief	65.4 mg
Cafenol (Aspirin & Caffeine)	225 mg
Caffedrine	200 mg
Caffeine & Ephedrine	250 mg
Caffeine & Phenylpropanolamine	125 mg
Dristan Capsules	16 mg
Enerjets	200 mg
Excedrin Caplets (Canada)	65 mg
Excedrin Caplets Extra Strength (Canada)	65 mg
Excedrin Extra Strength Caplets & Tablets	65 mg
Goody's Extra Strength Tablets	16.25 mg
Goody's Headache Powder	32.5 mg
Midol Menstrual Maximum Strength Caplets	60 mg
Midol for Cramps Maximum Strength Caplets	32.4 mg
NoDoz	100 mg
Pain Reliever Tablets	65 mg
Quick Pep	150 mg
Stay Awake	200 mg
Stim	250 mg
Vanquish Caplets	33 mg
Vivarin	200 mg

COMMON PRESCRIPTION DRUGS CONTAINING CAFFEINE

<u>DRUG NAME</u>	<u>CAFFEINE CONTENT</u>
Cafatine Suppositories	100 mg
Cafcit Injections	20 mg/dl
Cafergot Suppositories (Other Names: Cafetrine, Cafetrate, Migergot, Wigraine)	100 mg
Cafergot Tablets (Other Names: Ercaf, Ergo-Caff, Gotamine, Wigraine)	100 mg
Caffeine & Sodium Benzoate	121.25 mg
Darvon Compound 65 Puvules	32.4 mg
Fiorinal Capsules & Tablets	40 mg
Fiorinal With Codeine No. 3	40 mg
Norgesic Forte & Norphadrine Forte	60 mg
Norgesic & Norphadrine Forte	30 mg
Triaminicin With Codeine Tablets	30 mg

NOTE: The drugs listed are some of the more common drugs containing caffeine; all drugs containing caffeine are not included. Always check the labels of over-the-counter drugs for the caffeine content before taking them, or ask your physician, pharmacist, or nurse about the caffeine content of prescription drugs.

This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.