



## Century Health Study

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### PATIENT INSTRUCTIONS FOR A DIPYRIDAMOLE CARDIAC PET SCAN

A cardiac PET scan is a type of stress test in which blood flow to your heart muscle is visualized with a radiotracer and a special scanner. Pictures of this myocardial blood flow are taken before and after pharmacologic stress instead of exercise to determine if maximum blood flow is restricted by narrowing of your coronary arteries. It is important that you follow the instructions below in preparation for your PET scan.

1. Do not eat or drink anything for **8 hours** prior to the test. It is not necessary to restrict water intake prior to the test.
2. Do not take any food or medications containing caffeine for **24 hours** prior to the test such as coffee, tea, colas, chocolate, Empirin, Excedrin, or over-the-counter medications, which contain caffeine stimulants or decongestants (see attached list). **Decaffeinated beverages are also unacceptable as they contain some residual caffeine.**
3. If you take herbal supplements, it is necessary to stop taking them for **24 hours** before the PET scan.
4. If you smoke or use any tobacco products, it is necessary to stop all tobacco use for **12 hours** before the PET scan since tobacco use may cause abnormal results.
5. Females only of childbearing age must abstain from sexual intercourse for one week prior to the PET scan.
6. Please drink plenty of water. It is important that you are hydrated for your visit.

As with all medical procedures, it will be necessary for you to read and sign a consent form, which explains the test in more detail, including its risks and benefits.

After completion of the test and remainder of the study visit you are free to return home.  
Century Staff