



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, except medications and water, for **4 hours** before the visit. Do not take diabetes medication or insulin before the visit since you will be fasting. **It is not necessary to restrict water intake prior to the test.**
2. Do not take any food or medications containing caffeine for **48 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 or stimulants such as Ritalin, Concerta, Metadate, Methylphenidate, Adderall, Dextroamphetamine, Vyvanse, Lisdexamfetamine it is necessary to stop taking them for **72 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 PET scan and remainder of the study visit you should not have any activity or driving restrictions.

If you have claustrophobia, please contact our office prior to your visit for instructions.

Century Staff

Caffeine-Free Guidelines in Preparation for PET Scan

You have been scheduled for a PET 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 **48 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 medication also contain caffeine, consult with your physician, pharmacist, or nurse before taking any medication within 48 hours before your PET 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 sodas (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

FOOD TO AVOID THAT CONTAIN CAFFEINE:

- All chocolate products including brownies, cakes, and eclairs
- 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!

| COMMON OVER-THE-COUNTER DRUGS CONTAINING CAFFEINE | |
|---|-------------------------|
| DRUG NAME | CAFFEINE CONTENT |
| 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 | |
| DRUG NAME | CAFFEINE CONTENT |
| 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 |
| Norgestic Forte & Norphadrine Forte | 60 mg |
| Norgestic & Norphadrine Forte | 30 mg |
| Triaminicin with Codeine Tablets | 30 mg |
| <p>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.</p> | |