

## **PET/CT-Cardiac Procedure**

To Schedule: (319) 861-7778

Questions about Procedure: (319) 398-6050

### **What is a PET/CT-Cardiac procedure?**

PET is the abbreviation used for Positron Emission Tomography. It is a physiological exam in which Fluorine-18 (Positron emitting radiotracer) is coupled to glucose, making the radiopharmaceutical FDG. This will be recognized by the body as glucose. Glucose is taken up in higher quantity in healthy heart muscle vs. unhealthy. In unhealthy areas, the physician can assess damage due to ischemia or infarcted muscle.

CT images are taken at the same time as the PET scan. Once the PET and CT images are fused together, it provides a complete picture for a physician to observe metabolism and anatomic structure.

### **Preparation:**

These preparations are:

- If you are not diabetic or diet controlled, you should not eat or drink after midnight prior to the exam.
- If you are taking oral medication for diabetes, you should not eat or drink after midnight, but take your regularly scheduled medications
- If you are insulin dependent, adhere to your normal dietary regiment.

### **PLEASE BRING THE FOLLOWING TO YOUR APPOINTMENT:**

**A PHOTO ID TO VERIFY YOUR IDENTITY**

**A LIST OF CURRENT MEDICATIONS YOU ARE TAKING**

### **Procedure:**

- Be sure to bring a least one form of identification such as a drivers license.
- Once you arrive at the Mercy Medical Center Radiology Department Check-In desk, you will be taken to the PET/CT imaging area.
- An IV will be started, your blood glucose will be measured.
- Be prepared that your blood glucose levels must be within exam guidelines. If it is not, a glucose loading protocol will be followed which includes taking glucose tablets or drinking controlled amounts of 7-Up soda.
- The Nuclear Medicine Technologist will inject the FDG into the IV port.
- You will be asked to remain in the recliner refraining from repetitive movement or conversation for 45 minutes. This allows the FDG to concentrate in your body. Visitors will be prohibited during this time.
- You will be placed on the camera with the scan time of 15 minutes.
- From start to finish it will be approximately 2 hours.

**Parking/Registration:**

Park in the Mercy Medical Center 10<sup>th</sup> Street Parking Ramp, located at the corner of 10<sup>th</sup> Street and 8<sup>th</sup> Ave. SE. You will be pre-registered, so you can proceed to **Ground (G)** level and follow the signs to “Radiology (X-Ray),” also located on Ground (G) level.

**Procedure Results (Who interprets the results):**

A radiologist will review the images shortly after the exam is completed. A written report will be sent to your doctor. Your doctor will discuss the results with you. Please allow your physician time to review these results, usually 2 business days after the exam.

**Your appointment date and time:**

Procedure date: \_\_\_\_\_

Procedure time: \_\_\_\_\_ (Please arrive 30 minutes early)