

CARDIAC IMAGING ASSOCIATES
8635 WEST 3RD ST. #355W LOS ANGELES, CA 90048

PATIENT INSTRUCTIONS FOR CARDIAC PET STUDY

First Name: _____ Last Name: _____

Your doctor has ordered this test to determine if you have blockage in any of your coronary arteries. This test can determine which, if any, artery is blocked and if blockage has caused damage to heart muscle. This test takes approximately 90 minutes. Please follow these instructions to insure the accuracy and ease of your test.

Before Arriving for Your Exam

1. Do not eat for a minimum of 4 hours before your appointment. Drinking plenty of plain water is okay and recommended.
2. **Do not eat or drink caffeine products for 24 hours before exam.** (This **includes** chocolate and cocoa products, coffee, tea, sodas, including those labeled "caffeine-free" and "de-caffeinated", diet supplements, including bars, energy drinks, and products containing guarana **Please Note:** Decaffeinated products contain caffeine.)
3. Consult your physician about going off **BETA BLOCKERS** for 48 hours and **CALIUUM CHANNEL BLOCKERS** 24 hours before your exam.
4. If you take **AGGRENOX**, please talk to your physician about when to discontinue this medication prior to your test.
5. Please review your current medication list with your physician. There are many medications that should be discontinued prior to cardiac PET scan imaging.
6. **DO DO NOT** take your medications the day of the exam. Additionally, if you are not planning to eat immediately after your exam, **do not** take your diabetic medications. More importantly, if you are **DIABETIC**, please **check** with your physician before discontinuing any medication. Bring all medications you are currently taking with you.
7. As you will be asked to change into a hospital gown, please wear loose, comfortable clothing. The camera room can get chilly, please dress in layers and make sure none of your clothing contains any metal zippers, buttons, etc. Do not wear one-piece garments such as dresses, overalls etc.
8. If you use an inhaler(s) for asthma, **PLEASE** bring it with you.
9. **DO NOT** apply creams, lotions or powders to the chest area on the day of your exam.
10. Please make sure you are aware of the Cancellation Policy, if applicable.
11. If you have any questions, concerns about the exam or your medication(s), please contact your physician for clarification.

During Your Exam

The technologist will explain the procedure to you and answer any questions you may have.

You will receive several injections through a temporary IV.

You will be prepared for electrocardiogram tracings by ECG technologists, assessed and monitored by a Physician Assistant and/or Nurse Practitioner, and imaged by a team of cardiac specialists.

Once cleared by the supervising physician assistant/nurse practitioner, the imaging and stress test will be performed while laying on your back on the imaging table with your hands behind your head. If you are **CLAUSTROPHOBIC or cannot lie on your back for 45 minutes**, be sure to inform your physician ahead of time. Your time under the scanner will be approximately 30 to 45 minutes.

At the end of your scan, images will be reviewed and you will be released. Your study will be reviewed by an imaging physician specialist and the results will be sent to your physician. Your physician will discuss these results with you and explain what they mean in relation to your health.

You **must arrive** at the test facility at the address listed at the top of this page at least **15 minutes before your appointment time**, otherwise you may be subject up to a 90 minute wait or in some circumstances rescheduled to a different day.

Your appointment is scheduled on _____ at _____

If you have an questions about the test or your medications please call _____

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CARDIAC PET STUDY
RISKS, BENEFITS AND ALTERNATIVES

Your doctor has ordered a cardiac PET study. This examination involves the injection of a small amount of radioactive material which is used to measure the blood flow to and function of your heart muscle.

The stress part of the examination will involve the administration of an intravenous drug to increase the blood flow to the heart. These stress tests are associated with a small risk. The risk of serious cardiac events during pharmacological stress testing is similar to those of exercise stress testing. The administration of the pharmacological drug (Adenosine, Dipyridamole, or Regadenoson) could result in certain side effects such as facial flushing, chest pressure, shortness of breath, abnormal blood pressure, fainting, irregular heartbeat, and in very rare instances, heart attack, shock or cardiac arrest. Upon the termination of the pharmacological stress drug, the side effects will be dissipated. If the symptoms persist stopping the drug infusion prematurely and administering blocking medications (Aminophylline) could treat these side effect.

Whichever form of stress test you undergo, every effort will be made to minimize the adverse effects by the preliminary examination and observations during testing. Emergency equipment and trained personnel are available to deal with unusual situations, which may arise.

BENEFITS:

The cardiac PET study allows the noninvasive assessment of whether you have heart disease and if you do how advanced it is. Very often these tests can avoid the unnecessary need for more invasive studies. The nuclear cardiology procedure is nationally and internationally accepted procedures for its excellence and vast experiences with this form of testing and its meaning for patients.

ALTERNATIVES:

Should you decide not to have stress test, alternative methods for evaluating your heart are available. The principle method utilizes for patients who do not want to undergo stress testing is to perform the invasive diagnostic technique of coronary angiography.

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NOTIFICATION OF INTERPRETING DOCTOR/READER

We would like to take this opportunity to welcome you.

Our friendly staff looks forward to assisting you with your scheduled test your doctor ordered. The purpose of this test is to determine if you have blockage in any of your coronary arteries. This test can determine which, if any, artery is blocked and if blockage has caused damage to heart muscle.

Additionally, we would like to advise you that although the test is done here at our facility, your test information/data will be forwarded to a nuclear cardiologist who will be interpreting/reading your scan and provide us and your physician with the results of your test. The nuclear cardiologist that will be interpreting your scan will be at one of the offices listed below:

**Cardiac Imaging Nuclear
Associates
8581 Santa Monica Blvd
#471 Los Angeles, CA 90048
P: (323) 655-7610
F: (323) 655-7640**

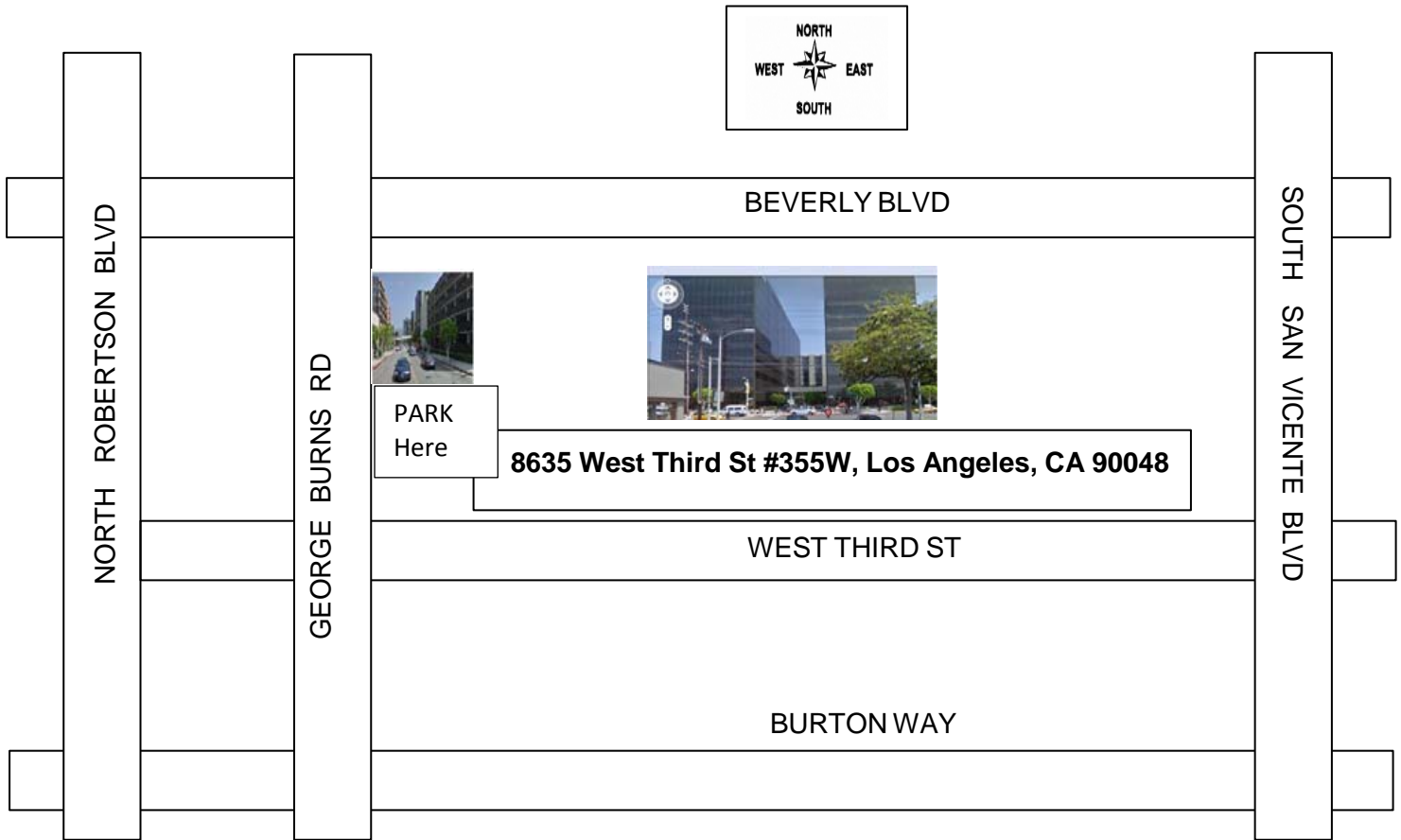
**Cedars Sinai Medical Center
S. Mark Taper Foundation Imaging Center
8700 Beverly Blvd #M-335
Los Angeles, CA 90048
P: (310) 423-8000
F: (310) 423-5654**

With that being said, this notification is to make you aware of the interpreting/reading doctor, therefore, should the interpreting doctor appear on your Explanation of Benefits, you will know who the doctor is.

Furthermore, it is customary and standard practice of this facility as well as reading doctor's office to file a claim with the insurance companies (primary and/or secondary) you have given us. Please be advised that you may get a bill/invoice from the nuclear cardiologist listed above. **This bill/invoice may be in addition to the one you may receive from our office.**

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DRIVING DIRECTIONS



***PARKING INFORMATION**

There are numerous parking lots available. The most economical parking at the time of this information is located on WEST side of George Burns Rd

If the MAIN entrance, either 8631 or 8635 is CLOSED, you may gain access to the building by going to either the WEST or EAST parking structure and take the elevator to the 3rd floor.

You must arrive at the testing facility at the address listed at the top of this page at least 15 minutes before your appointment time, otherwise you may be subject up to a 90 minute wait

YOUR APPOINTMENT DATE AND TIME IS: _____ AT _____