

## **PET/CT myocardial perfusion imaging**

Positron emission tomography (PET) is an imaging method that can be used to study blood circulation, body functions and metabolism. PET myocardial perfusion imaging measures blood flow to the heart muscle. PET can also be combined with computed tomography (CT), a structural imaging method, to obtain accurate and simultaneous information about body functions and structural changes.

The PET/CT scanner has a wide opening (70 cm in diameter), so it can generally be used even for claustrophobic patients.

The scanning visit takes about 2 hours including the preliminary steps.

### **How to prepare**

Please follow these instructions:

- Starting from the morning of the day before the study, do not eat **dark chocolate**
- Do not drink **coffee, tea, cocoa, cola or energy drinks** for 24 hours before the study (starting from the morning of the day before the study)
- Avoid **smoking** on the morning of the examination day
- Avoid physical exertion on the day of the examination and the night before

**NOTE: The PET scan cannot be done if you have had coffee, tea, cocoa, cola or energy drinks!**

Pregnant women do not normally have this procedure. If you think you may be pregnant, notify us before you come in for the study.

### **Medications**

Bring along information about the medicines you use.

**Dipyridamole medication** (e.g. Persantin, Orisantin) must be suspended for **two days before the study**. A break of 2-3 days should be taken when using **long-acting methylxanthines** (eg Aminocont, Retaphylline).

You may take your other medications as usual.

## **What to expect at your appointment**

Every patient is asked to complete an interview form. A medical technician will review the study procedure with you in advance.

- ECG electrodes and a blood pressure monitor will be placed and an intravenous cannula (drip) will be inserted in your lower arm
- You will need to keep still and follow instructions for the study to be successful. The radiologic technologist and the physician who is conducting the study will be able to see you and hear you throughout the study.
- The study uses a drug (adenosine) that increases blood flow to the heart muscle, making it possible to determine how the heart is affected by any coronary artery narrowing seen on the CT scan
- You may feel some chest discomfort or pressure while receiving the adenosine, but this will go away as soon as the drug has been administered. The doctor will monitor your heart tracing and blood pressure continuously during the scan.
- The duration of PET imaging is about 10 minutes

## **After the study**

You will not need to stay at the hospital for observation after the study. However, if you notice feeling something out of the ordinary, contact the scanning facility or an emergency doctor.

There is no need to pause breast-feeding.

The study results will be provided by a doctor at the ward or outpatient clinic that referred you.