You are scheduled for Cardiac PET Imaging Protocol for Sarcoid on ___________ at ___________.

Please report to DCAM 5H Heart Station 20 minutes before your appointment time to register for the test.

ABOUT THE TEST
Cardiac PET imaging for Sarcoid is used to look for areas of inflammation in the heart that could be caused by Sarcoidosis. The test includes injection of two radioactive tracers. The amount of radiation used in this test is very small, and well within limits that are safe. There are no side effects from the injections. You will be at the medical center 3-4 hours.

NOTE: Patients who are pregnant or may be pregnant should consult their physician before having this test.

PREPARATION FOR THE TEST
DAY BEFORE TEST
- No carbohydrates (no bread, pasta, sugar, potatoes, starches)
- No exercise for 24 hours before the test
- Nothing to eat or drink after 7:00 pm

Eat and drink the foods listed below only:
- Meat
- Fish
- Eggs
- Green vegetables
- Soy
- Water (no soda, fruit juice or alcoholic beverages)
- Coffee or tea (Do not add milk or sugar)

Do not eat the foods listed below:
- Fruit
- Bread (including muffins, crackers and pastries)
- Cereal
- Pasta
- Rice
- Potatoes
- Carrots
- Corn
- Salad dressings with added sugar or sweetener
- Candy
- Milk
- Yogurt
HOW IS THE TEST PERFORMED?

DAY OF THE TEST
The test is performed in two parts.

PART 1
When you arrive at DCAM 5H Heart Station, a technologist will confirm your identity and ask you questions about your medical history. He/she will explain the test to you and answer any questions you may have. The technologist will start an intravenous line (IV) in your hand or arm. He/She will inject a radioactive tracer through the IV and allow the tracer to be absorbed by your heart muscle for about 30 minutes. After the radioactive tracer has been absorbed the technologist will ask you to lie down on an imaging table under a special camera that will take pictures of your chest. The camera moves slowly around your chest as you lie on the imaging table for about 15 minutes. It is important to keep very still while the pictures are being taken. After the first set of pictures is completed a technologist will escort you to the PET/CT imaging Center in DCAM 0150.

PART 2
A technologist will greet you and escort you to a private preparation room. The technologist will also confirm your identity and ask you questions about your medical history. He/she will explain the second part of the test to you and answer any questions you may have. The technologist will inject a different radioactive tracer through the same IV. The tracer needs to circulate for 60 - 90 minutes before the scan is started. You will remain in the preparation room until it is time for the scan and the technologist will make you as comfortable as possible. After the tracer has circulated, the technologist will position you under a special camera that takes two kinds of pictures at the same time. The camera looks like a computed tomography (CT) scanner. The technologist will give you simple breathing instructions to follow while the pictures are being taken. The pictures will take about fifteen minutes to complete.

AFTER THE TEST
You may resume your normal activities and diet after the test. A Nuclear Medicine physician will interpret the exam and the results will be sent to the ordering physician. If you have any questions about the procedure or cannot keep the appointment, please call the Nuclear Medicine scheduling staff at 773-795-9723.