

# Patient Information

## Myocardial Perfusion PET Stress Test

Your doctor has requested a PET Myocardial Perfusion (MP) Stress Test. This procedure is to evaluate the blood flow (perfusion) through the coronary arteries to the heart muscle using a radioactive tracer. The completed exam consists of intravenous access, resting images, a stress test (performed by use of a medication-- no exercise), and stress imaging. Our team of cardiac imaging physicians, nurse practitioners, technologists, and ECG technologists is headed by [Daniel Berman, MD](#), Chief of Cardiac Imaging and Nuclear Cardiology.

### Before arriving at the S. Mark Taper Foundation Imaging Center:

- You must fast 3 hours prior to your appointment time, except plain water.
- Refrain from caffeine 24 hours prior to your scheduled appointment, including coffee, sodas, chocolate, decaffeinated products, Excedrin, etc.
- Please refer to your physician before discontinuing any medication.
- Please allow 2 hours for the entire exam.
- As you will be asked to change into a hospital gown, please wear loose, comfortable clothing.
- We want to make your waiting time as pleasant as possible. Consider bringing your favorite magazine, book or music player to help you pass the time.
- Please leave your jewelry and valuables at home.

### During your exam:

- The technologist will explain your procedure 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 nurse practitioners and/or physicians, and imaged by a team of cardiac specialists.
- Once cleared by nurse practitioner and/or physician, the imaging and stress test will be performed while laying flat on the imaging table with your hands behind your head. The time under the scanner will approximate be 30 – 45 minutes.
- At the end of the scan, images will be reviewed for completeness and then you will be released.

## Patient Information (continued)

### **After your exam:**

- There are no post-exam instructions.
- Your study will be reviewed by an imaging physician specialist and the results sent to your physician. Your physician will discuss these results with you and explain what they mean in relation to your health.
- To request a copy of your report, call (310) 423-8000 or go on-line to [www.csmc.edu/8508](http://www.csmc.edu/8508) and click on "Order Your Films or Reports Online."

### **Parking at the Cedars-Sinai Medical Center:**

- Imaging Center parking is located in Parking Lot 7 at the corner of San Vicente Blvd. and Gracie Allen Drive (Alden Drive). Enter off Sherbourne Drive.
- Or, park in the Medical Center, North Tower, Mezzanine Level off George Burns Road.
- The cost is \$4.00 with validation, which is available in the main lobby reception desk.
- Landmark: There is a large metal sculpture in the shape of the number "8" in front of the S. Mark Taper Foundation Imaging Center (large, green glass building).
- There is a curbside patient drop-off zone on Gracie Allen Drive, in front of the imaging center.