



**Mount  
Sinai**  
Morningside

## PREPARING FOR YOUR PETCT MYOCARDIAL PERFUSION EXAM

### EXAM DATE

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### ARRIVAL TIME

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#### LOCATION

440 114th Street  
3rd Floor, Room 380  
New York, NY 10025

#### PHONE

212-636-4809 (Scheduling)  
212-523-3425 (Nursing)

**All patients must arrive one hour before their appointment. It is very important that you arrive on time. Please plan to stay for at least two hours.**

### BEFORE YOUR EXAM

#### Eating

- Please do not eat or drink anything during the six hours before your exam (you may still drink water).
- Do not have any caffeine products during the 24 hours before your exam. This includes coffee, soda, tea, chocolate, and any medications with caffeine (such as Excedrin).
- Do not have any alcohol during the 24 hours before your exam.
- Do not have any tobacco products during the 24 hours before your exam.

#### What to wear

- Please wear comfortable clothing. Do not wear anything which includes metal. Please leave all jewelry and other valuable items at home. Do not apply any lotions, oils, or creams to your skin on the day of your exam.

#### Medication

- Please follow the instructions provided by your doctor. Please bring a list of all medications you are currently taking. This includes prescriptions, over-the-counter medications, and any vitamins, herbs, or other supplements. If you are taking nitrates, do not take them the day before and the day of your exam.

#### Pregnancy

- Please let your doctor know if there is any chance you may be pregnant.

### DURING YOUR EXAM

- Your provider will go over what to expect during your exam.
- A Nurse will place a temporary IV line into your arm or hand.
- You will be taken back to the exam room, where you will lay down on your back with your arms above your head.
- Total time under the scanner will be about 25 to 30 minutes.
- We will run multiple tests and take images of your heart. You will receive an injection to increase blood flow to your heart as a part of this test.
- You may feel a warm flushing sensation or headache from one of the injections.
- The images will be reviewed by a doctor and you will be free to go home.

### PLEASE TELL YOUR HEALTHCARE PROVIDER if you experience any of the following during this exam

- Discomfort in your chest, arm, or jaw
- Shortness of breath
- Lightheadedness or dizziness

### AFTER YOUR EXAM

- There are no restrictions following your exam.
- You will receive your test results within three to five business days. The doctor who ordered your exam will share the results with you. They will speak with you about what your results mean, and any next steps you may need to take.

**Please let us know at least 48 hours (two days) before your appointment if you need to cancel or reschedule your exam by calling 212-636-4809.**