



**Mount  
Sinai**  
Morningside

## PREPARING FOR YOUR PETCT CARDIAC VIABILITY 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 two hours before their appointment. It is very important that you arrive on time. Please plan to stay for at least three hours.**

### BEFORE YOUR EXAM

#### Eating

- Please do not eat or drink anything during the six hours before your exam (you may still drink water).

#### 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.

#### Pregnancy

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

#### If you have diabetes

- Do not take your oral medications on the day of your exam. If you are insulin-dependent, do not alter your insulin pump. Do not administer insulin on the morning of your exam.

### 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.
- Your Nurse will check your blood sugar by performing a glucose test.
- You will be taken back to the exam room, where you will lay down on your back with your arms above your head.
- A provider will place a small device called a “3Lead ECG” on your body.
- We will take images of your heart. Midway through the scan, you will receive a radioactive injection through your IV.
- After we have taken all of the images we need, you will be brought back to your Nurse.
- Your Nurse will test your blood sugar multiple times. Your Nurse may give you an insulin injection if needed.
- You will receive another injection of the radioactive tracer and asked to relax for about an hour before the second set of images are taken..

### AFTER YOUR EXAM

- Please drink lots of fluids and urinate (pee) as much as possible during the hours immediately following your scan. This helps minimize the radiation exposure to your bladder.
- Avoid pregnant women and infants for six hours 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.**