

# PET Sarcoid Test Instructions

## Vegan and Vegetarian Patients

Below is information to prepare for a PET sarcoid test. Talk to your doctor if you have questions or concerns.

### What is a PET sarcoid test?

A PET sarcoid test is also called a Cardiac Positron Emission Tomography Sarcoid Scan. This test checks for sarcoidosis or inflammation of the heart.

### How is the test done?

1. A small amount of radioactive tracer (radioactive material) is injected through an IV line in your arm to track how much blood flow gets to your heart.
2. Your heart will be scanned for about 10 minutes to create resting pictures.
3. A medicine called heparin will then be injected into your IV.
  - Tell the nurse if you have had any reactions to heparin in the past, have a bleeding disorder, take any blood thinners, or if you have concerns with this medicine.
4. 15 minutes after you get the heparin you will get another radioactive tracer that will help see inflammation or sarcoidosis of the heart.
5. 1 hour after the radioactive injection you will have another set of pictures taken.
6. You will be at the hospital for about 2 hours the day of your test.

### How do I get ready for the test?

Do	Do Not
<ul style="list-style-type: none"><li>✓ Tell your doctor if you could be pregnant.</li><li>✓ <b>Follow the diet instructions 2 days before the test.</b> See “What to Eat” on the next page.</li><li>✓ Arrive 15 minutes before your appointment time.</li><li>✓ Follow all instructions you got from your doctor or cardiology nurse about when medicine to stop taking. Otherwise, take all of your medicines as you normally do.</li><li>✓ Talk to your doctor if you are claustrophobic or feel anxious about the test. You can take anti-anxiety medicine 1 hour before the test. <b>You must have someone drive you home if you take this medicine.</b></li><li>✓ Wear comfortable and loose fitting clothes.</li></ul>	<ul style="list-style-type: none"><li>✗ Do not eat or drink anything for 12 to 18 hours before the test except sips of water with medicine. You will get a call and told what time you need to stop eating or drinking.</li><li>✗ Do not put any lotion or oil on your chest.</li><li>✗ Do not exercise for 24 hours prior to the test.</li></ul>

### If You Have Diabetes

- Make sure your test is scheduled in the morning. Tell the person that schedules your appointment you have diabetes.
- Follow the instructions your doctor gives you about what medicines you should continue and what you need to stop.

### Are there side effects?

The team will talk to you about any possible side effects at the time of your test.

### How safe is a PET sarcoid test?

- This is a low-risk test with low radiation. It is one of the best tests to evaluate heart conditions.
- A nurse, exercise physiologist or cardiac diagnostic technician, and nuclear technician will all be with you during the test. They will monitor you throughout the test and are in constant communication with the supervising doctor.
- Doctors are in the immediate area of the test and are available at any time for help, questions, or concerns.



## Rescheduling

- Try to cancel at least 24 hours before your appointment, if possible.
- If you are not able to follow the diet or do not show for your appointment without a call, there will be a significant delay to reschedule.

## What should I eat 2 days before the test?

- You will need to follow a special diet to get ready for this test. Follow this diet 2 whole days prior to the day of the test.
  - If you do not follow this diet, your test may not be accurate and you will need to reschedule.
- Eat breakfast, lunch, and dinner using the table below. **Eat exactly what is in the “What to Eat” column and nothing else.** Do not eat any snacks.
- Use the log on the next page to keep track of everything you eat and drink until the test.
  - **You will need to bring this with you on the day of the test.**

What to Eat	Do Not Eat
<b>Meat Substitutes</b> (if able, fried in butter or oil) <ul style="list-style-type: none"> <li>✓ Un-breaded tofu</li> <li>✓ Tempeh</li> <li>✓ Soy protein</li> </ul>	<ul style="list-style-type: none"> <li>× Beans</li> <li>× Bread</li> <li>× Grains</li> <li>× Pasta</li> <li>× Potato</li> <li>× Rice</li> <li>× Fruit</li> <li>× Candy</li> <li>× Baked goods</li> <li>× Mayonnaise</li> <li>× Ketchup</li> <li>× Mustard</li> <li>× Other condiments</li> <li>× Cough drops/lozenges</li> <li>× Coating or breading for meat</li> <li>× Cream</li> <li>× Sugar</li> <li>× Milk</li> <li>× Alcohol</li> <li>× Soda</li> <li>× Fruit juices</li> <li>× Sports drinks</li> <li>× Sauces</li> <li>× Rubs</li> <li>× Gum</li> </ul>
<b>Eggs</b> (if able, fried in butter or oil) <ul style="list-style-type: none"> <li>✓ Scrambled eggs</li> <li>✓ Boiled eggs</li> <li>✓ Fried eggs</li> </ul>	
<b>Fatty Fruits</b> <ul style="list-style-type: none"> <li>✓ Avocado</li> <li>✓ Olives</li> </ul>	
<b>Vegetables (½ to 1 cup per meal)</b> <ul style="list-style-type: none"> <li>✓ Arugula</li> <li>✓ Asparagus</li> <li>✓ Broccoli</li> <li>✓ Brussels sprouts</li> <li>✓ Cabbage</li> <li>✓ Cauliflower</li> <li>✓ Celery</li> <li>✓ Cucumber</li> <li>✓ Green beans</li> <li>✓ Green peppers</li> <li>✓ Kale</li> <li>✓ Lettuce</li> <li>✓ Onions</li> <li>✓ Radishes</li> <li>✓ Spinach</li> <li>✓ White mushrooms</li> <li>✓ Zucchini</li> </ul>	
<b>Fats and Oils</b> <ul style="list-style-type: none"> <li>✓ Olive oil</li> <li>✓ Avocado oil</li> <li>✓ Coconut oil</li> <li>✓ Margarine</li> <li>✓ Canola oil</li> <li>✓ Butter</li> </ul>	
<b>Nuts (½ to 1 cup per meal)</b> <ul style="list-style-type: none"> <li>✓ Almonds</li> <li>✓ Pistachios</li> <li>✓ Walnuts</li> </ul>	
<b>Beverages</b> <ul style="list-style-type: none"> <li>✓ Only drink water, black coffee, or black tea</li> </ul>	

## Food Log

Use the log below to write down everything you eat before the test. Bring it with you to your appointment. The team will need to check over all that you ate before you can start the test.

[illegible]