

Your physician has requested a PET/CT scan of your heart. This scan is usually performed in conjunction with a Cardiac Perfusion Rest exam earlier on the same day (usually at 8:00 a.m.). Please note that these exams are performed in two different locations. The Cardiac Perfusion Rest exam is performed on the East Campus, Gryzmish Building, 1st Floor, and the FDG Cardiac Sarcoid exam is performed at the Shapiro Clinical Center, 4th Floor, Department of Radiology, an adjoining building. Please note that it will take you approximately 5-10 minutes to walk from one location to the other.

If you realize you need to cancel or re-schedule your scan, please notify the Nuclear Medicine Department no later than 24 hours prior to the originally scheduled appointment, or you may be held responsible for the cost of the PET tracer. Appointments may be canceled or re-scheduled by calling us at (617) 667-2071.

Patient Instructions for Evaluation of Cardiac Sarcoidosis

What is involved in this study?

You will have two pictures of your heart. Each picture will be obtained after you are injected with a radioactive tracer. The first tracer will show the blood flow to the heart. This picture will be taken with a SPECT camera, a special camera that can detect radioactive tracers. The second tracer will show any inflammation in the heart. This picture will be taken with a PET camera, a different kind of camera that can detect radioactive tracers. Together these pictures will provide important information about whether sarcoidosis may be affecting your heart.

Why do I need to follow a special diet before the study?

The heart has many different sources of energy. One of the main sources of energy is sugar. Your body can turn sugar and carbohydrates in your diet into useful sugar for the heart. The cells that cause inflammation in your body also use sugar as a source of energy. By following a special diet with no sugar or carbohydrates, the heart will use other sources of energy but the cells that cause inflammation will not. After following this special diet, the PET tracer will be able to detect inflammation in the heart.

What diet should I follow?

For the entire day prior to your study, you must follow this diet.

You may only eat:

1. Plain meat or fish
2. Plain eggs
3. Plain nuts
4. Water
5. Black coffee (no milk, creamer, or sweetener)

“Plain” means nothing added, including sauces, dressing, coating, seasoning, or breading.

Do not eat or drink anything other than plain water starting at 10 pm the night before your study. Please contact your doctor if you have diabetes, as your diabetes medicines may need to be adjusted.

What will happen if I don't follow this diet?

The pictures of your heart will not be useful if you do not strictly follow this diet. Your study will need to be rescheduled for a different day.

Will Insurance Pay For My Radiologic Services?

Beth Israel Deaconess Medical Center and the B.I.D.M.C Radiology Foundation participate with most of the major insurance plans. Depending on the health insurance plan to which you subscribe, you may be responsible for a co-payment or deductible payment. Some insurance plans require prior authorization, precertification or a referral from your PCP, in order to obtain Radiological Services. Specific information about your policy may be obtained from your primary physician or by calling the telephone number on the reverse side of your health insurance membership card.

For More Information

For more information or directions to the Medical Center, parking, and information about your procedure, please see our Web site at: <http://bidmc.org> or call our office at: 617-667-2071.

Rev. 1/12/2017