

PRE-PROCEDURE INSTRUCTIONS FOR:

MYOCARDIAL PERFUSION TEST WITH EXERCISE
(Nuclear Stress Test with Exercise)

IF YOU NEED TO CANCEL, IT IS VERY IMPORTANT TO DO SO 48 HOURS IN ADVANCE. THE ISOTOPE ORDERED FOR YOUR TEST IS ORDERED IN ADVANCE, DELIVERED TO US DAILY AND IS VERY EXPENSIVE. IT HAS A VERY SHORT LIFE AND THEREFORE CANNOT BE SAVED FOR USE ANOTHER DAY.

DIRECTIONS:

1. **Do not have any caffeinated or decaffeinated coffee, tea, chocolate, etc 24hrs prior to test.**
2. You should **have nothing to eat for three hours before your test.** If you are having an afternoon test, please eat a good breakfast. **Only diabetic patients** may have clear liquids (apple, clear grape) if needed. Please bring some with you.
3. Please **bring a snack** to eat after the stress portion of the test.
4. You may take your regular medications with clear liquids. **However, there may be an exception if you are on a Beta Blocker.** See specific instructions if you are on a Beta Blocker medication.
5. **Beta Blockers:** If you have Atrial Fibrillation or Flutter, continue to take all of your medications. **If you do NOT have Atrial Fibrillation or Flutter, DO NOT TAKE your Beta Blocker Medications 24 hours prior to your appointment. Beta Blocker medications include the following:**

<u>Generic</u>	<u>Brand</u>
Metoprolol	Lopressor or Toprol
Atenolol	Tenormin
Propranolol	Inderal
Pindolol	Visken
Nadolol	Corgard
Carvedilol	Coreg
Labetalol	Normodyne or Ziac
Bisoprolol	Zebeta

6. **Wear loose, comfortable clothing and athletic shoes, preferably JOGGING SHOES.** Please leave your jewelry and valuables at home.
7. **Do not wear anything with metal around your chest area.** This includes necklaces, metal buttons, zippers or decorations.

EXPLANATION OF PROCEDURE:

This is a non-invasive test that will take 4 to 5 hours and is done in three parts. An IV is inserted into a vein in your arm and the radioisotope will be injected. Approximately one hour later the Technologist will take a set of preliminary pictures called resting images, then 1/2 hour later you will have the exercise portion of your test. Finally, one hour later the post stress images will be taken. The time taken during the test does vary from one person to another depending on various factors especially your body composition and the rate at which the isotope travels through your body. Your nuclear technologist and clinician will determine the optimal time for your test.

During an exercise treadmill, you will walk on the treadmill until your heart rate reaches it's maximum level which is called your target heart rate. The Clinician will monitor your heart rate and supervise the treadmill. After your target heart rate is reached or you are fatigued, a second injection of the radioisotope will be given while you are walking on the treadmill.