

SAN DIEGO CARDIOVASCULAR ASSOCIATES

PRE-PROCEDURE INSTRUCTIONS FOR Myocardial Perfusion Scan Treadmill Stress Test



IF YOU NEED TO CANCEL, IT IS VERY IMPORTANT TO DO SO 48 HOURS IN ADVANCE.

Do not have any caffeinated or decaffeinated coffee, tea, chocolate, energy drinks, etc 24hrs prior to test.

- **You should have nothing to eat 6 hours prior to your test. (However, liquids such as water and juice are okay.)**
- **You may take your regular medications with water or juice. Wear loose, comfortable clothing and tennis shoes if your test includes a treadmill.**
- **Do not wear anything with metal around your chest area. This includes necklaces, metal buttons or zippers.**

EXPLANATION OF PROCEDURE:

This test will take 3 to 4 hours and is done in two parts. An IV is inserted into a vein in your arm or hand and the radioisotope will be injected. The technician will take a set of preliminary pictures called resting images then you will have the exercise portion of your test.

You are having 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 doctor will monitor your heart rate and supervise the treadmill. After your target heart rate is reached or you are fatigued, a second injection of radioisotope will be given while you are walking on the treadmill. After the treadmill, you will drink some cold water and a second set of images will be taken.

Please do not take the following Medications 24 hours prior to your Exercise Stress Test:

(Unless you have Atrial Fibrillation)

<u>Generic</u>	<u>Brand</u>
Metoprolol	(Lopressor) (Toprol)
Atenolol	Tenormin
Propranolol	Inderal
Diltiazem	Cadizem/Tiazac
Pindolol	Visken
Nadolol	Forgard
Carvedilol	Coreg
Labetalol	(Normodyne) (Ziac)
Bisoprolol	Zebeta
	Bystolic

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Myocardial Perfusion Treadmill Stress Test Cancellation and/or No Show Policy

It is unfortunate that some people make appointments for procedures and then cancel at the last minute or, even worse, simply do not show up. This deprives other patients who need the procedure the opportunity to have them performed earlier. Because of this problem we reluctantly must enforce the following cancellation policy.

If you are a no show or if you cancel less than 48 hours before the procedure is to be performed you will be charged \$190.00 (one hundred and ninety dollars), a fee that will not be covered by your insurance.

Monday procedures must be cancelled by noon of the previous Friday.

No Show or cancellation fees must be collected prior to setting up any future appointments.

We are truly sorry that these regulations must be instituted at this time. However, we find it unfair to vast majority of responsible patients who suffer because the irresponsibility of a few.

Sincerely,

San Diego Cardiovascular Associates.