



Myocardial Perfusion Imaging

Patient Name: _____

Ordering Physician: _____

Test/Procedure

This scan gives your doctor information about the function of your heart and the extent/severity of any abnormalities related to the blood flow to your heart.

1. The first part of the exam starts when the Nuclear Medicine Technologist starts an IV and gives you a small injection of radioactive material. The radioactive material will allow us to see the blood flow to the heart.

a. After 15-30 minutes, pictures will be taken under a special camera. These pictures will take about 20 minutes to complete. This is a baseline picture of how the blood flows to your heart.

2. The second part of the exam is a stress test. Often, coronary disease can only be diagnosed during physical stress, when the heart needs to work harder. This will be done on a treadmill. If you are unable to get a good stress on the treadmill a medication will be administered in place of the treadmill test.

a. During the stress test, the Nuclear Medicine Technologist will give you another injection of radioactive material to evaluate the blood flow to your heart under stress.

3. After the stress test is complete, you will wait another 30-45 minutes for additional pictures. They will be just like the first set of pictures, but this time only taking 15 minutes to complete.

a. During the wait you will be allowed to have a small snack and some juice or water.

b. **Please note** - The whole study will take about **3-5 hours** to complete. Bring a book or magazine to read during the waiting period.

Preparation

FASTING:

1. Nothing to eat or drink (water is okay) 6 hours prior to the study.

a. If you have an afternoon appointment, it is okay to eat a light breakfast (i.e. cereal, toast, and yogurt).



Cardiology Department

2011 NW Myhre Rd Suite 101 Silverdale, WA 98383

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b. YOU MUST NOT INGEST ANYTHING CONTAINING CAFFEINE 12 HOURS PRIOR TO THE STUDY.

Caffeine may interfere with the medication we use in the study. This includes coffee, tea, cola drinks, chocolate and any decaffeinated products.

2. Please discontinue the use of any beta-blockers and short acting diabetic medications on the day of the study unless your physician tells you otherwise.

a. Medicines given for asthma or lung-airway diseases should be brought with you to the study.

3. Wear something comfortable to the study and do not wear an under wire bra.

4. You can also bring a small snack lunch with you to eat after we complete the stress test.

Radiation Risk

The amount of radiation used is similar to that given by some other diagnostic x-ray tests. You can be around other people and use a bathroom normally without risk to others.

Pregnancy

If you think you are pregnancy, or might be pregnant, please inform the Nuclear Medicine Technologist.

After Your Exam

If you will be traveling by ferry, metro or plane, please ask the technologist for a safety card.

Rescheduling/Cancellations

If you need to reschedule or cancel your examination, please contact the scheduling department at 360.830.1600 ext. 7 at least 24 hours prior to the scheduled date/time. Otherwise, you will be charged for the medication.

Medication Not to take before a Stress Test

Beta Blockers:

Acebutolo	Metoprolol
Atenolol	Nadolol
Benicar	Ormodyne
Betaspace Oral	Penbutolol
Betaxolol	Pindolol
Breveibloc	Propanolol Long Lasting
Carteolol	Sectral
Cartol	Short acting insulin (Usually referring to injectables)
Carvedilol	Sotalol
Coreg	Tenormin
Corgard	Timolol
Esmolol	Trandate
Inderal	Visken
Labetalol	Zebeta
Levator	
Lopressor	

If you are currently taking any of these medications, please do NOT take the night prior to or the morning of your appointment. You can continue all other medication as usual. Feel free to contact your doctor with any questions or concerns regarding medications.