

MYOCARDIAL PERFUSION IMAGING TREADMILL TEST

Name: _____

DOB: ____/____/____

Date of Test: ____/____/____

Time: ____:____ AM/PM

This test takes approximately 4 1/2 hours.

A Myocardial Perfusion Imaging Treadmill test uses a radioactive substance (not a dye) to produce pictures of the heart muscle. The radioactive substance gives off a small amount of radiation which can be seen with a special camera. The amount of radiation exposure during this test is very small and poses no health risk. The test will help your doctor determine if there are areas of your heart which do not receive enough blood supply due to coronary artery disease. Areas of your heart which may have been damaged from a previous heart attack may also be seen. Prior to the test an IV will be started. During the rest portion of the test, you will receive an injection of the radioactive substance, and pictures will be taken of your heart. For the stress portion of the test, you will walk on a treadmill and be continuously monitored for blood pressure, heart rate, rhythm, and ECG changes. You will be given an injection of the radioactive substance during your last minute of exercise. Following the treadmill, pictures will be taken to determine blood flow to the heart muscle.

Patient Instructions:

1. Do not eat or drink anything other than water for 4 hours prior to the test.
No caffeine (coffee, tea, chocolate or decaf) for 24 hours prior to the test.
2. Diabetics should eat a light breakfast and take their insulin.
3. No smoking 6 hours prior to your test.
4. **DO NOT TAKE ANY OF THE FOLLOWING MEDICATIONS LISTED BELOW FOR 24 HOURS PRIOR TO STRESS TEST:**
METOPROLOL or TOPROL
COREG or CARVEDILOL
INDERAL or PROPRANOLOL
VERAPAMIL or CALAN
CARDIZEM, DILTIAZEM, CARTIA
ZIAC, BISOPROLOL
TENORMIN or ATENOLOL
BYSTOLIC or NEBEVILOL
BETAPACE or SOTALOL
5. Wear two-piece clothing (no skirts or dresses) and comfortable closed heel shoes. No shirts with metal snaps. No sandals, clogs or flip-flop type shoes.
6. Gentlemen will have some hair shaved from their chests.
7. The ordering physician will be notified of the results. This physician will inform you of the results.

If you need to reschedule the test or have any questions regarding these instructions, please call our office.