You are scheduled for a Myocardial Perfusion Stress Test: ____/____ at ___:____

Please arrive 20 minutes prior to your appointment time in DCAM 5H so that you can be registered for the procedure.

What is a Myocardial Perfusion Stress Test?
A Myocardial Perfusion Stress Test is an exam performed to study the blood supply to your heart muscle at rest and after exercise.

How to prepare for the exam:
There must be no caffeine in your system when you come in for your test. Do not drink or eat coffee, tea, cola, chocolate or any other products with caffeine in them for 24 hours before your appointment. Do not drink decaffeinated products because they contain small amounts of caffeine that will affect the test. Eat a light meal two or more hours before your appointment. If you have diabetes, eat your normal meals and bring a snack. Please wear loose fitting clothes and jogging or walking shoes. Bring a list of any medications you are taking with you. Certain blood pressure medications interfere with the treadmill test. Please ask your doctor if you should refrain from taking your blood pressure medication. You should continue to take your medications normally unless otherwise instructed by your doctor.

How is the exam performed?
Once you have checked in a nurse or technologist will explain the test, confirm your order for the examination and ask you some questions about your medical history. A technologist will then place an IV in your hand or arm and inject a small amount of a radioactive material through the IV that does not cause any adverse side effects. The material will be allowed to circulate for about 20 minutes. The technologist will then have you lie down on a camera system in order to take images of your heart. The camera will be very close to your chest but will not touch you or make any noise. It is very important to remain still for this procedure. The camera will move periodically in a circular motion for about 10-15 minutes. After the first set of images is completed a nurse or exercise physiologist will prepare you for your stress test. They will attach patches to your chest in order to monitor your heart during the stress test. The stress test can be performed by walking on a treadmill, if you can not walk on a treadmill you may be given some medication that makes it seem as if you have done some exercise. During the stress test you will receive another small amount of the radioactive material. After your stress test another set of images will be taken for comparison.

How long does it take?
You will be in the medical center for about 3-4 hours.

NOTE: Patients who are pregnant or have the possibility of being pregnant should consult their physician prior to having this test.

After the Test
You may resume your normal activities and diet after the test. A Nuclear Medicine physician or Cardiologist will interpret the exam and the results will be sent to the ordering physician. If you have any questions about the procedure or cannot keep the appointment, please call the Nuclear Cardiology Laboratory scheduling staff at 773-702-3580