

Your Doctor has ordered the following test:

Test: _____

Date: _____

Time: _____

Hold these medications: _____

Location:

- Unity Professional Building**
(located next to Unity Hospital)
500 Osborne Road # 120
Fridley, MN 55432
- The Heart Center #008**
4040 Coon Rapids Blvd.
Coon Rapids, MN 55433
- Nuclear Medicine-Buffalo Hospital**
303 Catlin
Buffalo, MN 55313

Toll Free Number 1-866-450-7999

Please arrive 15 minutes before your scheduled appointment for registration.

If you need to reschedule or cancel your appointment, please call 763-576-7101.

For questions related to your test, please call 763-427-9980 and ask to speak to a nurse.

MYOCARDIAL PERFUSION IMAGING

www.metrocardiology.com

METROPOLITAN CARDIOLOGY CONSULTANTS

MCC9109_0206

**Metropolitan Cardiology
Consultants**

MYOCARDIAL PERFUSION IMAGING

What is Myocardial Perfusion Imaging?

Myocardial perfusion imaging is also known as a Nuclear Stress Test. This procedure lets your doctor test if your heart is getting adequate blood flow.

What to expect during test?

The test will take approximately 3 hours to complete. To start the test, a nuclear medicine technologist will explain the exam to you as they start an IV. The IV will be used to inject a small amount of radioactive material which is needed for the images. The radioactivity is less than the average chest X-ray. Then you will have a

3-dimensional set of images taken of your heart. Next you will be hooked up for an electrocardiogram. This will allow us to monitor your heart during the stress portion of the test. If your test includes exercise, you will walk on a treadmill until you reach an adequate stress level. If you are unable to exercise, you will be given a special medicine through your IV. The medicine will increase the blood flow throughout your body. Then the IV will be taken out and you may eat and drink. Your medications may be taken at that time if you bring them with you. After a 45 minute break, a second set of images will be taken.

After the Test:

A cardiologist will look at the images of your heart and send a report to your doctor. Your doctor's office will contact you with the results.

Before the Test:

- Do not eat or drink ANYTHING for 6 hours before the exam.
- Do not smoke or drink any beverage with caffeine, including decaffeinated coffee for 24 hours before the test.
- Wear comfortable clothing and tennis shoes.

You may be asked to hold some of your medications, please check with your doctor. Listed below are some of the most common medications that will need to be held.

- Hold 24 hours prior to test:
 1. All beta blockers
 2. All calcium channel blockers
 3. Digoxin or Lanoxin
- Hold nitrates for 12 hours prior to test.
- Hold all theophylline products for 48 hours prior to the Adnosine (medicated) stress test.
- Diabetics:
 1. NIDDM—Hold oral med
 2. IDDM – Hold regular insulin and take 1/2 long lasting insulin.
- Bring your insurance card with you to your appointment
- If you are breast feeding, you will need to discontinue after the test.