



Name: _____ Provider: _____
Date: _____ Time: _____

EXERCISE NUCLEAR STRESS TEST

A Myocardial Perfusion Scan is a diagnostic exam that evaluates blood flow to your heart and shows how well the heart is able to pump blood. This test detects narrowing of the coronary arteries. This test is done in two parts and will require walking. The test will take 3 to 4 hours.

Testing Procedure:

Rest Portion

- A nuclear medicine technologist will start an IV in your arm or hand
- A small amount of radioactive tracer will be injected through the IV.
- You'll be asked to wait 30 before imaging occurs, you'll then be asked to lie on an imaging table with both arms above your head. Imaging time is approximately 15-20 minutes.

Exercise Portion

- The technologist will place electrodes on your chest and connect wires to an ECG machine to monitor your heart rhythm. The treadmill will start slowly at first and will gradually increase with speed and incline.
- Your blood pressure will be checked frequently and your ECG continually monitored.
- During the test, a second injection of the radiopharmaceutical will be injected through the IV.
- When the exercise is complete, you will lie under the camera for a second set of images after a wait period.

Instruction checklist for the Stress Test:

1. Please take all of your scheduled medications on that day **except for beta blockers, do not take 24 hours prior to the test (see list on next page), unless directed by the physician.** Your physician may also ask you to stop taking other heart medications on the day of your test. If you have any questions about your medications, ask your physician. **Do not discontinue any medication without first talking to your physician.**
2. **Do not** eat (chocolate) or drink foods containing **CAFFEINE** for **24 hours** prior to the test (this includes some headache medications). Products labeled decaffeinated and caffeine-free contain trace amounts of caffeine and should be avoided. Caffeine will interfere with the results of your test. If you have had caffeine products within 24 hours of your test, you will be rescheduled.
 - It's okay to drink small amounts of water prior to the test.
 - You may have a light meal up to **4 hours BEFORE** your test.
3. Wear comfortable clothing and **athletic/rubber soled shoes**. Pants or shorts and short sleeve shirts are preferred. Do not wear one-piece garments or body suits.
4. Do not apply any after shave, creams, lotions, or powder to your chest and neck area on the day of your test. You may wear deodorant.
5. If you have a history of wheezing, asthma, chronic lung disease, or take **Theophylline or Aminophylline** type medications, please inform the technician and if applicable, bring your inhaler to your appointment.
6. Do not smoke 24 hours prior to the test.
7. **Diabetic patients:** If you are on insulin or oral hypoglycemic medications, **eat a light snack 2 hours before** your appointment and **TAKE** your diabetic medications.

Cancelation Policy:

Please contact us **24 hours** prior if you are unable to make your appointment. If you do not show for your scheduled appointment you will be responsible for a \$75 service charge for the medication.

BETA BLOCKERS

| BRAND NAMES | GENERIC NAMES |
|---------------|-------------------------------|
| Betapace | Sotalol |
| Blocadren | Timolol |
| Brevibloc | Esmolol |
| Bystolic | Nebivolol |
| Cartrol | Carteolol |
| Coreg | Carvedilol |
| Corgard | Nadolol |
| Corzide | Nadolol / Bendroflumethiazide |
| Inderal | Propranolol |
| Inderide | Propranolol / HCTZ |
| Kerlone | Betaxolol |
| Levatol | Penbutolol |
| Lopressor HCT | Metoprolol / HCTZ |
| Lopressor | Metoprolol |
| Normodyne | Labetalol |
| Sectral | Acebutolol |
| Tenoretic | Atenolol / Chlorthalidone |
| Tenormin | Atenolol |
| Timolide | Metoprolol |
| Trandate | Labetalol |
| Visken | Pindolol |
| Zebeta | Bisoprolol |
| Lopressor | Toprol |
| Ziac | Bisoprolol Fumarate & HCTZ |