

# PREP

## MYOCARDIAL PERFUSION SCAN

### **This information will help you prepare for your scan**

RADIOPHARMACEUTICALS AGENTS ARE ORDERED AND PURCHASED IN ADVANCE FOR EACH TEST. IF YOU CANNOT MAKE YOUR APPOINTMENT, **CALL (941-794-3999) AND SPEAK TO THE FRONT DESK BEFORE 1:00PM THE DAY BEFORE YOUR SCHEDULED APPOINTMENT TO CANCEL OR RESCHEDULE.** FAILURE TO DO SO WILL RESULT IN A \$100\* NO SHOW FEE.

*\*\$100 FEE WILL BE APPLIED TO YOUR ACCOUNT TO COVER THE COST OF ORDERED MEDICINES*

### **Preparation Instructions:**

- Do not eat anything two (2) hours prior to your test
- Make sure to drink plenty of fluids (i.e. water, Gatorade, or juice) to help hydrate your veins for a good IV.
- Wear comfortable clothes and shoes appropriate for brisk exercise on a treadmill (short sleeves, button down shirt or blouse)
- Do not apply creams, lotions, powder to your chest area on the day of your test
- If you have a history of wheezing, asthma or chronic lung disease contact our office for specific instructions
- If you are diabetic and are scheduled for a stress test, eat a good meal two (2) hours prior to the test and take your medications as usual, excluding the medicines listed below. You may also bring a snack with you.
- The test will take approximately 3-4 hours
- Refrain from products containing caffeine for twenty four (24) hours prior to your stress test. Below is a list of products containing caffeine.

**Beverages:** Coffee (regular or decaffeinated)  
Soda (regular and caffeine-free)  
Tea (Brewed, iced, or instant)  
Cocoa

**Foods:** Chocolate (candy, cake, pudding, milk or brownies)

**Drugs:** Fiorcet, Fiorinal, Anacin, Cafegot, Esgic, Excedrin, NoDoz, Norgesic, Vivarin, Wigraine.

Do not take any of the following medications for twenty four (24) hours prior to your stress test:

**Atenolol** (Tenormin), **Normadyne** (Trandate), **Metroprolol**, **Nadolol** (Corgard), **Lopressor** (Toprol),  
**Propranolol** (Ibderal), **Verapamil** (Isoptin, Calan, Covera HS, Verelan OM, Chronovera)  
**Diltazem** (Cardizem, Tiazac, Dilacor, Tiamate) **Acebutolol** **Bystolic**

**\*\*\*See Page 2 for Commonly Asked Questions\*\*\***



## Commonly Asked Questions

### **What is a Myocardial Perfusion Scan?**

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 and estimates the strength of your heart muscle.

### **Why did my doctor order this test?**

The most common reasons why this test is ordered are:

- You are having chest pain.
- You are having shortness of breath.
- You are scheduled for surgery.
- Your doctor wants to know how well your heart medicines are working.
- Your doctor noted a change in your electrocardiogram or EKG.
- You had a heart attack, bypass operation and/or angioplasty.

### **How is this test performed?**

A nuclear medicine technologist will insert an IV and a small amount of radiopharmaceutical will be injected into your IV and after about a 40 minute waiting period, “resting” pictures of your heart will be taken. These pictures take about 15 minutes. Next, the nuclear medicine technologist performs a stress test using either a treadmill or medicine. There is a waiting period of 2 -2 ½ hours before the stressing portion. During the stress test, a second injection of radiopharmaceuticals will be injected into your IV. After a delay of either 30 to 45 minutes (depending on whether the treadmill or medicine was used), a set of “stress” pictures of your heart will be taken.

### **What if I cannot walk on the treadmill?**

The test will be performed using medicine instead of the treadmill.

### **What about radioactivity?**

The amount of radiation is small, safe and comparable to other tests such as a chest x-ray.

### **What about my medicines?**

Take all of your medications as usual with the exception of the medications listed on page 1.

### **Why can't I eat?**

There are two reasons. First, eating may interfere with the quality of the pictures of the heart. Second, rarely people can get nauseated during the stress test and food can make this worse.

### **What if I have questions?**

Please do not hesitate to contact our office.

### **What if I need to reschedule my test?**

Because the radiopharmaceuticals required for your test need to be ordered in advance, we request 24 hour notice if you need to cancel or reschedule your test. Please call us at 941-794-3999 to cancel or reschedule your appointment.

