

# MANKATO CLINIC NUCLEAR MEDICINE PATIENT INSTRUCTIONS

## Myocardial Perfusion Imaging With Treadmill Stress Test Two Day Test

**Day 1: Appointment Date:**\_\_\_\_\_ **Time:**\_\_\_\_\_

**Day 2: Appointment Date:**\_\_\_\_\_ **Time:**\_\_\_\_\_

### **Day 1: Before the Exam** (Allow 1 hour for today's test):

- Bring a written list of all medicines you take. Be sure to include prescriptions, over-the-counter medicines, herbal and natural products.
- Do not wear any metal above the waist.
- If you are experiencing a cough at the time of exam, please bring cough suppressants/drops.
- Tell your provider if you are breastfeeding, pregnant or think you may be pregnant.

### **Day 1: During the Exam:**

- The technologist will start an intravenous (IV) line in your arm or hand.
- You will be given an injection of a radioactive material through the IV.
- You will lie on your back on the imaging table.
- Images will be taken of your heart with a special camera. This will take about 25 minutes.  
You **MUST** lie still during the images.

### **Day 1: After the Exam:**

- The IV will be removed.
- You may return to your normal activities.

**If you need to reschedule or cancel your appointment,  
or have questions regarding this test, please call 507-385-3955.**

**Nuclear Medicine is located at our Main Street location on first floor.  
Please check in at our Cardiology department.**

## Myocardial Perfusion Imaging With Treadmill Stress Test Two Day Test

### **Day 2: Before the Exam** (Allow 3 hour for today's test):

- Do not smoke 24 hours before the exam. This includes nicotine patches.
- **Do not eat or drink anything with caffeine 12 hours before the exam. This includes decaffeinated coffee and all types of tea, soda, chocolate items, Anacin® and Exedrin®.**
- **Do not eat or drink anything 6 hours before the exam.**
- Do not apply any lotions to your skin (the ECG patches will not adhere as well).
- Do not take blood pressure medicine(s) for 24 hours before the exam, unless your provider gives you other directions.
- Bring a written list of all medicines you take. Be sure to include prescriptions, over-the-counter medicines, herbal and natural products.
- Bring any respiratory inhalers you use regularly.
- Do not wear any metal above the waist.
- **Wear loose, comfortable clothing and walking shoes.**
- If you are experiencing a cough at the time of exam, please bring cough suppressants/drops.
- Tell your provider if you are breastfeeding, pregnant or think you may be pregnant.

### **Day 2: During the Exam:**

- The technologist will start an intravenous (IV) line in your arm or hand.
- You will go to the stress lab for the stress portion of the exam. A nurse or stress tech will place ECG patches on your chest and a blood pressure cuff on your arm. These will be used to monitor you during the exam.
- You will exercise on a treadmill that gradually gets faster and steeper as time progresses.
- When you reach the maximum heart rate for your age, you will get a second injection of the radioactive material. You will walk on the treadmill for about one minute after the injection.
- After the stress test, a second set of pictures will be taken of your heart. These images will take about 15 to 20 minutes. You **MUST** lie still during the images.

### **Day 2: After the Exam:**

- The IV and ECG patches will be removed.
- Activity level: Maintain activity level based on your provider's recommendation until you receive your results. If your provider has not given you activity instructions please maintain minimal activity until your provider contacts you with the test results.
- The healthcare team performing the test will not be able to give results for this test once completed.
- Your provider's office will contact you with the exam results.

**If you need to reschedule or cancel your appointment,  
or have questions regarding this test, please call 507-385-3955.**

**Nuclear Medicine is located at our Main Street location on first floor.  
Please check in at our Cardiology department.**