

MANKATO CLINIC NUCLEAR MEDICINE PATIENT INSTRUCTIONS

Myocardial Perfusion Imaging With Dobutamine Stress Test

Appointment Date: _____ **Time:** _____

Before the Exam:

- Do not smoke 24 hours before the exam. This includes nicotine patches.
- **Do not eat or drink anything with caffeine 24 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 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.

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.
- 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 get an injection of dobutamine through the IV. When you reach the maximum heart rate for your age, you will get a second injection of the radioactive material.
- 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.
- The exam takes about 3 to 4 hours.

After the Exam:

- The IV and ECG patches will be removed.
- You may return to your normal activities.
- 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.**

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