

Myocardial Perfusion with Treadmill Stress Test- Two Day Test

Patient: _____ Appointment Date: _____

Arrival Time: _____ am/pm-Day 1

Scan Time: _____ am/pm

Arrival Time: _____ am/pm-Day 2

Scan Time: _____ am/pm

Location: Nuclear Medicine at Mankato Clinic
1230 East Main Street, Mankato, MN 56001

Please check in at Central Registration prior to going to Nuclear Medicine.

If you are unable to keep your appointment or have questions, please call 507-389-8519.

What is a/an Myocardial Perfusion Test:

A Myocardial Perfusion scan with exercise is a test that uses a small amount of a radioactive imaging agent to assess the blood flow to the heart muscle at rest and at stress. Images are produced at rest and then again following periods of exercise on a treadmill. Reasons for a Myocardial Perfusion test may include: to assess the overall function of the heart muscle, to assess the damage to the heart following a heart attack, and to assess coronary symptoms such as chest pain and shortness of breath.

How do I prepare for the test:

- This is a two day test
- Before scheduling your test, please tell your provider if you are:
 - Breastfeeding, pregnant or think you may be pregnant.
 - Diabetic. Your provider will instruct you about taking your diabetes medications. Some medications need to be stopped after the test.
 - Tell your provider if you have had a PET/CT scan in the last 48 hours.
- **Day 1:** Day of test: (Allow one hour for this test)
 - Bring a written list of all medicines you take. Be sure to include prescriptions, over-the-counter medicines, herbal and natural products. If you are experiencing a cough at the time of the exam, please bring cough suppressants/drops.
 - Do not wear any metal above the waist.
- **Day 2:** Day of test: (Allow 3 hours for today's test)
 - 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 Excedrin®.
 - 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. If you are experiencing a cough at the time of the exam, please bring cough suppressants/drops.
 - Do not wear any metal above the waist. Wear loose, comfortable clothing and walking shoes. You will be asked to undress from the waist up. Women are asked to wear a sports bra and will be given a gown to wear during the test.

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What will happen during the test:

- This is a two day test
- **Day 1:**
 - 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 2:**
 - 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 in the nuclear imaging room. These images will take about 15 to 20 minutes. You must lie still during the images.

Instructions for after your test:

- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.
- **Day 1:**
 - The IV will be removed.
 - You may return to your normal activities
- **Day 2:**
 - 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.