

## Myocardial Perfusion with Dobutamine Stress Test

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Location: Nuclear Medicine Department 1<sup>st</sup> floor at Mankato Clinic  
1230 East Main Street Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

### Please check in at the Nuclear Medicine Department.

The Mankato Clinic is requiring masking only for patients over the age of 2 that are feeling ill. 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 Dobutamine 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 the injection of a medication called Dobutamine, which is given as an alternative to being physically stressed on a treadmill. Reasons for a Myocardial Perfusion test may include: to assess the overall function of the heart muscle, damage to the heart following a heart attack, coronary symptoms such as chest pain and shortness of breath.

### How do I prepare for the test:

- Before scheduling your test, please tell your provider if you are:
  - Breastfeeding pregnant or think you may be pregnant.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their imaging appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- Day of 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 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, please bring cough suppressants/drops.
  - Do not wear any metal above the waist. Wear loose, comfortable clothing and walking shoes.

### What will happen during the test:

- 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 test takes about 3 to 4 hours total.

**Instructions for after your test:**

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