

Myocardial Perfusion with Treadmill Stress Test

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Nuclear Medicine Department 1st 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:

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:

- 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.
 - Tell your provider if you have had a PET/CT scan in the last 48 hours.
- 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 the test:
 - No nicotine use for 24 hours before the exam. This includes smoking, nicotine patches, chewing tobacco and e-cigarettes.
 - 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. You may take medications with a small amount of water.
 - Do not apply any lotions to your skin (the ECG patches will not adhere as well).
 - Follow instructions given by your doctor regarding your medications. Please see the attached page regarding any specific medication instructions. 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.
 - Wear loose, comfortable clothing, with no metal above the waist 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.

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. You must lie still during the images. Images will be taken of your heart with a special camera. This will take about 25 minutes.
- 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.
- The exam takes about 3 to 4 hours total.

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.
- 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.