

# Myocardial Perfusion Study Patient Instructions

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You have been scheduled for a myocardial perfusion study to evaluate the blood flow to your heart muscle during exercise (stress) and at rest. This test is performed in two parts, often on the same day and sometimes on two separate days.

This test involves a stress study and usually a resting study:

- For the stress test you will either have to walk/or even run on a treadmill for several minutes **or** you will be injected with a medication (while lying down) which will stress your heart in another way. During the stress portion of this test you will be injected with a small amount of radioactive tracer which allows your doctors to evaluate the blood flow to the heart muscle. After injection you will need to lie on a imaging table and a gamma camera will rotate around your chest taking pictures of your heart for approximately 20 minutes.
- For the rest study you will be injected with a radioactive tracer while resting. A few minutes later another set of pictures of your heart will be taken on the gamma camera.

**The whole test can take up to 4 hours when completed in one day.** The test is long and has several parts so bring some reading material with you.

**Before the myocardial perfusion study tell your ordering physician if you are:**

- Pregnant or Breast-feeding
- Have asthma, emphysema or chronic obstructive lung disease (COPD)
- Have difficulty lying flat with your arms raised above you head
- You have severe claustrophobia

**How to prepare:**

- There may be medication restrictions, most which are outlined below. If you have questions regarding your particular medications please ask your physician.
- You will be asked to stop sildenafil (Viagra), Tadalafil (Cialis) or Vardenafil (Levitra) for at least three days.
- Your doctor should instruct you to stop the use of longer acting **nitroglycerins** such as Isordil, nitropatch, Transderm-Nitro, Nitrodisc, Nitro-Bid, or Imdur after **6 pm the day before your test**. You should not take your pm dose the evening before your test or your am dose the day of your test. You can and should continue to use sublingual (under the tongue) nitroglycerin tablets or spray as instructed for chest pain.
- If you are scheduled for a treadmill stress test, your doctor will ask you to stop other medications including **beta blockers** such as atenolol or metoprolol (Tenormin or Lopressor) or **calcium channel blockers** such as diltiazem, nifedapine (Dilacor, Cardiazem, Adalat, Procardia) for at least **24 hours**.

- You must have NO CAFFEINE containing compounds for 24 hours prior to the test. This can interfere with the stress portion of your study. Avoid all sodas, chocolate in any form, tea, coffee and even decaffeinated tea or coffee. **If you have caffeine your test may be cancelled.**
- On the day of the test do not eat or drink for at least 3 HOURS before your appointment. If you must have breakfast make sure you have it early because your stomach MUST be empty at the time of the stress test. **If you eat too close to your appointment time, your test may be delayed or cancelled.**
- **If you have Diabetes and are on insulin or oral medications please ask your doctor for any special instructions regarding fasting.** You may need to lower your dose of insulin or skip your morning medication.
- If your doctor has asked you to continue medications. Please take them the day of your test with a little water.
- Wear loose comfortable clothing and minimal jewelry.
- If you are going to be exercising on the treadmill, wear a comfortable pair of walking shoes or sneakers. No flip-flops!