

NUCLEAR CARDIOLOGY

2929 Health Center Drive, San Diego, CA 92123
(858) 939-6594 (6687)

You have been scheduled for a **2 Day Stress Myocardial Perfusion Imaging (MPI)** test on:

Day: _____ Date: _____ at: _____

Nuclear myocardial perfusion imaging is a non-invasive diagnostic procedure that evaluates the flow of blood to the heart muscle, and helps determine if there are areas of the heart that are not getting sufficient blood supply. Your doctor has scheduled a stress test which will take approximately 3-4 hours in our lab as follows:

After you check in at our front-desk, a nuclear medicine technologist will explain the procedure to you and answer your questions. Next, an I.V. line will be placed in your arm and you will go to another room, where a cardiovascular technologist and a nurse will set you up for the stress test. This involves placing electrodes on your chest and a blood pressure cuff on you arm for cardiac monitoring. A staff cardiologist will also be present to monitor and direct the stress test. This can be done in several ways:

Exercise Treadmill Test: If you are in good physical health and exercise regularly, a treadmill exercise stress test may work best for you. You will be required to walk until your heart rate reaches a certain point, at which the radioisotope sestamibi will be infused into your I.V. while you are walking. Sestamibi will not cause any side effects.

Combination Treadmill/Adenosine Stress Test: If you are able to walk slowly, a combination of low level exercise / Adenosine infusion will be used to achieve the desired stress level. Adenosine occurs naturally in the human body, and when used in controlled amounts will produce the same effect as an exercise treadmill test. It is infused through the I.V. line over a 6 minute period and may cause temporary dizziness, headache, shortness of breath, and in some cases, chest pain. These symptoms will subside immediately after the infusion. During the Adenosine infusion, you will receive the sestamibi infusion for later stress imaging. Note: this test may not be suitable for you if you have asthma.

Adenosine Stress Test: If you feel you cannot walk on the treadmill, even at low speed, the Adenosine and sestamibi will be administered through your I.V. while you are sitting in a reclining chair. Note: This test may not be suitable for you if you have asthma.

After the stress test the I.V. will be removed from your arm, and you may eat. We have muffins and coffee, or you may bring your own snack. Approximately 1 hour later, you will be scanned with our gamma camera, which will demonstrate blood flow to your heart at stress. You will lie on your back about 16 minutes, and on your stomach for about 12 minutes.

Note: After this test, you will be called to set up on appointment for the follow-up **Rest** Myocardial Perfusion Test. This procedure complements the **Stress** Test, and will show blood flow to your heart muscle at **rest**. Both stress and rest studies are almost always required for a complete assessment of myocardial perfusion. Your doctor(s) will receive results within one week following the rest scan.

Important!

Expect to spend approximately 3-4 hours at our office for the test. Be sure to wear comfortable clothes suitable for exercise such as shorts, jogging pants, sneakers or other flat, rubber soled shoes, and preferably a short sleeved shirt. Avoid garments with metal ornaments and excessive jewelry. You are asked to fast (nothing by mouth) for at least 4 hours before your appointment time. However, you are advised to drink 16 ounces of water prior to your appointment and bring a light snack for after the test. In addition to not eating, confirm with nurse which medications to take or refrain from taking the day before, and day of the test. Also, it is important to refrain from coffee, tea, colas (even decaffeinated), chocolates, aspirin products that contain caffeine (Anacin or Excedrin), Persantine, Aggrenox, or Theophylline containing products(Slo-Phyllin, Theo-Dur) for at least 24 hours prior to the test. If you inadvertently take these medications, please let us know.

If you have any questions, please feel free to contact our office at (858) 939-6594 / 939-6687.

We look forward to serving you!

