

APPT TIME: _____ **Myocardial Perfusion Scan**

Your physician has requested a myocardial perfusion scan (cardiac stress test) which will help to evaluate how well your heart functions under stress or exercise. Please note that our camera systems have a weight limit of 350 pounds. If you weigh over this amount, we will be unable to perform this study, and you will need to contact your physician to schedule another type of study. Please read thoroughly the directions below regarding your study

WHERE TO GO FOR YOUR STUDY:

Report to the main hospital (BLDG 2), 7 A, Nuclear Medicine Section 202-782-0168/0169.

WHAT SHOULD YOU DO TO ASSURE A SAFE, EFFICIENT, AND SUCCESSFUL STRESS TEST:

1. Plan to be in the Nuclear Medicine Department approximately 5 to 6 hours.
2. Shoes: Comfortable walking shoes or tennis shoes.
3. Clothes: Loose fitting exercise (sport) clothes, (do not wear underwire brassiere or girdle)
4. Food:
 - a. No caffeine (coffee, tea, and chocolate contain caffeine), alcohol, or tobacco within 24 hours before test.
 - b. No intake of solids or liquids (except water) after the midnight preceding the date of examination. (No breakfast, hydration is encouraged, you may drink water before your test)
5. Medications: May be continued or selectively withheld prior to the test.
 - a. Because this test is used to evaluate many different medical problems, no general instructions are given.
 - b. You should discuss your specific medications with your physician at the time your physician requests the study.
6. TEST PREPARATION:
 - a. Please allow plenty of time for traffic delays or parking delays. Please report to the reception desk before scheduled tests.
 - b. Wearing the exercise clothes to the test will allow you to start the test promptly.
 - c. If you cannot wear exercise clothes, please allow an extra 10 minutes to change in the clinic laboratory before the test. You may wish to bring a towel and washcloth to refresh yourself in our restroom facilities after exercise. A shower is not available.

EXERCISE MYOCARDIAL PERFUSION TEST PROCEDURE

A small intravenous catheter is placed into an arm vein. You will receive an injection of Thallium-201 to evaluate your heart during resting conditions. A small amount of radioactive material will be injected for this portion of the exam. Approximately fifteen to thirty minutes after your first injection, you will lie on a bed and a camera will take pictures of your heart while at rest. This portion of the exam will take approximately 20 minutes. After this, you will be exercised at a walk or possible run on a treadmill with increasing levels of exercise until your cardiologist stops the exercise or you can not go further. Your cooperation in exercising to your maximum ability will help you and your doctor obtain the very best possible study. Just prior to completion of the exercise study, a second radioactive injection, this time containing a small amount of technetium-99m-sestamibi or technetium99m-tetrofosmin will be injected through the intravenous line. The radiation exposure is similar to that of a regular chest x-ray and the chemicals should have no side effects. You will be monitored throughout the exercise test by a Cardiologist, technologist, or a registered nurse and electrical heart tracing (ECG). You will be dismissed from the clinic, so you can have something to eat at our dining facility. A fat containing meal is encouraged, to optimize the images that will be obtained of your heart. One to two hours after the exercise study is completed, we expect you to return to the clinic, where you will lie on a bed and a camera will take pictures of your heart during the next 30 minutes. The technician will notify you when your pictures are completed and when your study is finished.

PHARMACOLOGIC MYOCARDIAL PERFUSION TEST PROCEDURE

The test procedure is similar to the exercise test except that instead of walking on the treadmill, your heart will be "exercised" with an injection of a medication which will chemically stress the heart, these could be called persantine, adenosine or dobutamine. These medications may change depending on your personal medical condition. The remainder of the test is similar to the procedure described in the "Exercise Myocardial Perfusion Test Procedure".