

Diagnostic Cardiology of Houston

Nuclear Cardiology Lab

You have been scheduled for a stress myocardial perfusion scan. Please read the following *important information* regarding your test

Type of Test:

ADENOSINE____ DOBUTAMINE____ TREADMILL____

APPOINTMENT DATE: _____

APPOINTMENT TIME: _____

This test is performed at the clinic of Diagnostic Cardiology of Houston, located at 7777 Southwest Freeway, Suite 420.

WHAT IS A MYOCARDIAL PERFUSION SCAN?-

- . This test is a 2-part imaging procedure which uses a radioactive material (99mTc or Tl-201), a treadmill, and a computer connected to a camera which produces images of the blood flow to the heart muscle.
- . In patients who *CANNOT EXERCISE on a treadmill, a pharmacologic stress test is performed.*
- . The scan will tell us if there are areas of your heart muscle that do not receive enough blood flow either during stress or at rest.

HOW LONG DOES THE TEST TAKE?-

- . It takes about 5 hours to complete the test. Sometimes it may take longer.
- . In some cases the test may be performed over a 2 day period. Patients who weigh over 250 pounds are typically done over 2 days.

AT HOME BEFORE THE TEST-

- . Do not eat or drink anything **except water** the morning of your test.
- . Please make a list of the medications you take including how many milligrams, and how often. Please bring this list with you to give to the technologist.
- . Do not eat or drink any food or liquid containing caffeine for at least 12 hours prior to the test.
- . If you take a Beta Blocker, please do not take it for 24 hours before the test ***if you plan on walking on the treadmill.***
 - . **Beta-blockers are:**
**Atenolol, Coreg, Carvedilol, Tenormin,
Metoprolol, Inderal, Propanolol, Corgard,
Betapace, Ziac, Viskin, Sotalol, Timolol,
Blockadren, Lopressor**

. **Take your medications as prescribed unless instructed otherwise by your doctor.**

- . Diabetic patients, and those who have breathing problems, please talk to *your doctor's nurse* regarding insulin and/or inhalers or other breathing medication **before the day of the test.** (713) 776-9500 ~
- . If you take PERSANTINE or DIPYRIDAMOLE – **DO NOT TAKE THIS DRUG FOR 48 HOURS BEFORE THE TEST.**

IMPORTANT NOTES-

- . This test cannot be performed if you are pregnant or breastfeeding.
- . During the test you will be asked to lie down and to keep your left arm raised above your head. If you are unable to perform these actions please inform the lab staff.
- . It is very important that you remain still during the imaging portion of the test. Deep breathing or coughing under the camera will blur the images.
- . The radiation dose you receive is very small.
- . If you have any questions, please feel free to call the **NUCLEAR CARDIOLOGY LAB staff.**
- . DUE TO LIMITED SPACE, NO MORE THAN ONE FAMILY MEMBER WILL BE PERMITTED TO SIT WITH YOU IN THE NUCLEAR WAITING ROOM.
 - . SMALL CHILDREN ARE NOT PERMITTED.
 - . PREGNANT WOMEN ARE NOT PERMITTED.

Rebecca or Santos -----→ 713-776-9500

**PLEASE BRING A FATTY MEAL WITH YOU FOR THIS TEST.
You will need to eat immediately after the stress portion of the
test.....**

***IF YOU NEED TO CANCEL, PLEASE CALL AT LEAST 24 HOURS
PRIOR TO THE TEST DATE. 800-833-4197**

***Patients that fail to cancel their appointment (no-shows) will be
billed for the cost of radiopharmaceuticals for their test-
(\$70.00 X 2 = \$140.00)**