

Myocardial Perfusion Stress Testing

A. WHEN ARE MYOCARDIAL PERFUSION STRESS TEST SCANS ORDERED?

- * To detect coronary artery disease (CAD) in patients with atypical chest pain.
- * Detect coronary artery disease in patients with peripheral vascular disease.
- * Detect Asymptomatic CAD in patients at risk (example: diabetes).
- * Evaluate therapeutic effect of surgery, angioplasty or medications.

B. PATIENT PREPARATION

Dietary Restrictions:

- If scheduled before 11 am, please fast from midnight on unless directed otherwise by the ordering physician. However you may drink water if taking medications. If scheduled after 11 am, you may eat a light breakfast before 7 am.
- No caffeine, decaffeinated products or chocolate products 24 hours prior to the test.
 - **Please** reference [Examples of Products Containing Caffeine or Theophylline](#)
- Discontinue vitamins or herbal supplements 24 hours prior to your test.

Medication Restrictions: Your physician will inform you what medications you can take or hold.

We recommend:

- Discontinue medications such as Trental (within 6 hours of the test)
- Discontinue Theophylline, Theodur, Aminophylline, Aggrenox, Persantine or Dipyridimole taken within 48 hours of the test
- No sublingual Nitro, nitropast or Nitropaste 4 hours before test
- We recommend that you do not take Viagra, Levitra or Cialis 24 hours prior to you test
- If you have questions please contact Non-Invasive Nurse at (570) 321-2700
- Please bring a list of your medications, inhalers, vitamins or herbal supplements

Please wear comfortable shoes preferably sneakers. Wear clothing without metal buttons or zippers over the chest.. Female patients should wear bra's without under-wires.

C. HOW LONG WILL THIS TAKE?

Upon arrival you will be registered by our office staff. Timeframe: 10 minutes

A certified nuclear medicine technologist will explain the procedure, start an IV and inject the isotope sestamibi. Timeframe: 10 minutes

There is a minimum one hour delay to allow the isotope to circulate. You will be given a light snack and water. This will enhance the image quality. Please follow directions provided by technologist so we can obtain the best image possible.

C. HOW LONG WILL THIS TAKE? (Continued)

After the isotope has had a chance to circulate, the technologist will position you on an imaging table and take images of your heart. Imaging Timeframe: 20 minutes

You will then be taken to the stress lab. A registered nurse will explain the procedure, place electrodes on your chest and either administer a pharmaceutical to stress your heart or you will walk on a treadmill. Once you reach a target heart rate, a technologist will administer a second dose of sestamibi.
Stress timeframe: 60 minutes

There is minimum one hour delay from the time of injection to allow the isotope to circulate
After the isotope has had a chance to circulate, the technologist will position you on an imaging table and take images of your heart. Imaging Timeframe: 20 minutes

Total procedure time is 4 hours.

D. WHAT HAPPENS DURING A MYOCARDIAL PERFUSION STRESS TEST SCAN?

A certified nuclear medicine technologist will verify your identity (name and birth date) and explain the procedure.

He/she will administer a radioactive isotope called sestamibi. There is a one hour delay to allow circulation of the isotope. A technologist will give you a light snack and water to help improve image quality.

At one hour you will be taken into an imaging room and asked to lie on an imaging table. You will be positioned by a technologist and pictures will be taken of your heart. Patients are generally very comfortable for the imaging session.

After the pictures are complete, you will be taken to the Non-Invasive Department for your stress test. A registered nurse will explain the procedure and prepare you for the test. Depending on what your physician ordered, the RN will either administer a pharmaceutical to increase your heart rate or you will be asked to walk on a treadmill. Once the procedure begins you will be closely monitored by an EKG technician and a RN. Once the target heart rate is reached, the nuclear medicine technologist will administer another dose of sestamibi. The stress test will be completed 2 minutes after the isotope is administered. Staff will continue to monitor you and when you are at rest, they will escort you back to nuclear medicine. There is a 60 minute delay from the time of injection to allow the isotope to circulate

After the one hour delay, you will be taken into the same imaging room and asked to lie on an imaging table. You will be positioned by a technologist and pictures will be taken of your heart.

A board certified nuclear medicine physician will review and interpret your scan. The results will be available to your physician within one working day.

E. DIRECTIONS TO THE DEPARTMENT

Park in one of the parking lots off of Rural Avenue and enter through the East Entrance. Valet parking is available at this entrance if needed.

Once inside the hospital, signage for Nuclear Medicine will direct you down the hallway past the East Elevators and to the second hallway leading to your right. Please make a right at the second hallway which will lead directly to the Nuclear Medicine Department.

Examples of Products That Contain Caffeine or Theophylline

Drinks Containing Caffeine

- Cocoa products (hot cocoa)
- Coffee (brewed, instant, or decaffeinated)
- Regular and “caffeine-free” soda (Coca-Cola®, Diet Coke®, Tab®, Pepsi®, Diet Pepsi®, Dr. Pepper®, Mr. Pibb®, Mello Yellow®, Mountain Dew®)

Foods Containing Caffeine

- Chocolate (chocolate candy, chocolate-coated candy, baking chocolates, chocolate cake, chocolate pudding, chocolate milk, brownies)
- Energy bars

Prescription Drugs Containing Caffeine

- Cafegot® (all forms)
- Esgic® (all forms)
- Fioricet®
- Fiorinal® (all forms)
- Norgesic™ and Norgesic™ Forte
- Synalgos®-DC
- Wigraine® (all forms)

OTC Drugs Containing Caffeine

- Anacin®
- Excedrin®
- NoDoz®
- Vivarin®
- Bayer Back and Body®

Some Common Drugs Containing Theophylline

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| • Aerolate® | • Tedral® |
| • Constant-T® | • Theo-24® |
| • Elixophylline® | • Theoclear® |
| • Quibron® (all forms) | • Theo-Dur® |
| • Respid® | • Theolair™ |
| • Slo-bid® | • Theo-Organidin® |
| • Slo-Phyllin® | • Theo-Sav® |
| • T-Phyl® | • Theostat® |

Other Drugs Which May Interfere With Your Test

- Aggrenox®
- Permole®
- Persantine®

Please contact our office at (570) 321-2700 if you are taking any of these drugs.