

TREADMILL STRESS TEST

MYOCARDIAL PERFUSION STUDY

OVERVIEW

- Myocardial perfusion is a nuclear stress test. It is done to show how well blood flows through the heart muscle. It also shows how well the heart muscle is pumping. A myocardial perfusion scan uses a small amount of a radioactive substance in a liquid form, called a radioactive tracer. The tracer travels through the blood. It is absorbed by the healthy heart muscle. A stress myocardial perfusion scan assesses blood flow to the heart muscle when it is stressed. The heart is often stressed from exercise. If patient is not able to exercise will be given a medicine to stress the heart instead. Your exam will be determined by your physician's order. This medicine will increase the heart rate or dilate your blood vessels, just as with exercise. This is called a pharmacologic myocardial perfusion scan. In addition, the images are routinely gated during stress portion to show regional wall motion and allow calculation of the left ventricular ejection fraction.

PATIENT PREPARATION PRIOR TO THE TEST

- Do not eat or drink or smoke six hours prior to procedure except water.
- Do not take medications, including Nitro Patch, on the day of the test unless instructed To by your doctor
- Dipyridamole is held for at least 2 days prior to testing.
- Caffeine is held for 24 hours prior to testing.
- Food and drink that contain caffeine like chocolate and cocoa products—including candies, cakes, brownies, pudding, chocolate milk, hot cocoa, coffee and tea, including brewed, instant, iced, and decaffeinated; soda pop, energy bars, energy drinks, and products containing guarana.
- Xanthene derivatives should be held at least 12 hours prior to test day.
- Aggrenox, Permole, Persantine are to be held 48 hours prior to test day.
- Hold prescription medication that contain theophylline for 24 hours
- Over-the-counter medicines that contain caffeine like Anacin, Excedrin, Goody's, Midol, Nodol, Vivarin
- No creams, lotions, or powder to your chest area the day of the test.
- Wear comfortable clothing and shoes without metal. For female patients, please wear sport bra.
- Failure to follow instruction will result in rescheduling of your examination.
- **This examination takes approximately 4 hours to perform**
- Please bring inhaler if you have asthma or COPD
- Bring your blood pressure and heart medications to the office on the day of the test
- You will have one hour to go eat in between the exam or you may bring lunch.

Blood pressure medication(s) with antianginal properties beta blocker, calcium channel blocker will lower the diagnostic accuracy of a stress test. These should be stopped 48 hours before the test.

Beta-blockers include:

- Acebutolol hydrochloride (Sectral)
- Atenolol (Tenormin)
- Betaxolol hydrochloride (Kerlone)
- Bisoprolol fumarate (Zebeta)
- Brevibloc Carteolol Hydrochloride
- Carteolol hydrochloride (Cartrol)
- Carvedilol
- Esmolol hydrochloride (Brevibloc)
- Metoprolol (Lopressor, Toprol XL)
- Penbutolol sulfate (Levatol)
- Nadolol (Corgard)
- Nebivolol (Bystolic)
- Pindolol (Visken)
- Propranolol (Inderal, InnoPran)
- Timolol maleate (Blocadren)
- Timolol ophthalmic solution (Timoptic)
- Sotalol hydrochloride (Betapace)
- Carvedilol (Coreg)
- Labetalol hydrochloride (Trandate, Normodyne)

Calcium channel blockers include:

- [Norvasc \(amlodipine\)](#)
- Caduet (Amlodipine and Atorvastatin)
- Lotrel (Amlodipine and benazepril)
- Exforge (Amlodipine and Valsartan)
- [Plendil \(felodipine\)](#)
- [DynaCirc](#) (isradipine)
- [Cardene \(nicardipine\)](#)
- [Procardia XL](#), [Adalat](#) (nifedipine)
- [Cardizem](#), [Dilacor](#), [Tiazac](#), [Diltia XL \(diltiazem\)](#)
- [Sular](#) (Nisoldipine)
- [Isoptin](#), [Calan](#), [Verelan](#), Covera-HS ([Verapamil](#))