YOUR NUCLEAR MEDICINE STRESS TEST

What You Need to Know

Myocardial Perfusion Imaging, also called Nuclear Stress Testing, is used to assess coronary artery disease, or CAD. CAD is the narrowing of arteries to the heart by the build up of fatty materials. CAD may prevent the heart muscle from receiving adequate blood supply during stress or periods of exercise. This frequently results in chest pain which is called angina pectoris. Perfusion imaging usually consists of stress and rest tests. Images are taken of your heart while at rest and after exercising or under stress. This allows your physician to compare blood flow during stress and rest.

How to Prepare Before Your Test

- Feel free to ask questions before and during your test.
- You should wear warm comfortable clothes and tennis shoes. A button down or loose fitting t-shirt is best.
- You should not have anything to eat or drink for six hours prior to the test. Bring crackers or chips with you.
- You should not have anything with caffeine or decaffeinated products for 24 hours before your test. This includes coffee, tea, sodas, chocolate, Goody's Powder, Anacin, and Excedrin. You may drink milk, water, juice, Sprite, or 7Up.
- Do not take your medication if you are taking Beta Blockers or Calcium Channel Blockers for 24 hours prior to your test.

Partial List of Medications to Withhold

Acebutolol, Atenolol, Betaxolol, Bisoprolol, Bystolic, Carvedilol, Labetalol, Lopressor, Metoprolol, Nadolol, Oxprenolol, Penbutolol, Pindolol, Propranolol, Sotalol, Timolol, Amlodipine, Bepridil, Diltiazem, Felodipine, Flunarizine, Isradipine, Narcardipine, Nifedipine, Nimodipine, Verapamil

What to Expect

- After explaining the test to you and obtaining your consent for the procedure, the technologist will place an IV in your hand or arm. This allows them to give you the necessary injections.
- You will be given the first "resting" injection of the radioactive material. You will not feel any effect from the material. You will be asked to wait in the waiting room for a brief period for the material to circulate through your body.
- You will then be seated on the camera that will detect the injection given. This period is referred to as the "resting" images. Imaging will last approximately 15 minutes. We will ensure that you are comfortable to the best of our ability during the imaging, however the imaging requires you to be as still as possible.
- Before the exercise portion of the test, small electrodes will be placed on your chest to monitor your heart rate and rhythm during the stress test.
- The exercise will consist of walking on a treadmill. The treadmill will increase in difficulty the longer you exercise. As you exercise harder and longer, your blood pressure and heart rate will increase – this is normal. You will be monitored throughout the procedure. You will be encouraged to exercise as long as possible to ensure a good study. The second injection of the radioactive material will be given shortly before you stop exercising.
- If you are unable to exercise due to a medical condition, your physician may order a medication that will simulate exercise-like symptoms.
- After the second injection has circulated for the proper amount of time, you will be seated back on the camera for your second set of pictures. The pictures are acquired in the same fashion as the resting image. This time, three electrodes will be left on your chest to acquire a motion picture of your heart. "Stress" imaging is quicker than the resting imaging.

The Results

Your physician will be notified of the test results in a timely manner and will be contacting you regarding these results.

If you are unable to make the scheduled exam, please call within 72 hours notice to cancel the ordered dose or you will be charged a fee of $250 for the medication.

To cancel or reschedule, please call:
972-253-2505