

Myocardial Perfusion Test

Your doctor has ordered a Myocardial Perfusion test. The test will evaluate the blood supply to your heart muscle. There are two parts to the test.

Day one will show the heart at rest.

Day two will show us your heart under stress.

Both parts **MUST** be done to give a complete picture. **Please register at Patient Registration** on both days when you arrive; they will show you to our waiting area.

Day One

You may have a light breakfast with juice (no coffee, tea, chocolate, soda pop). The technologist will give you a full explanation and ask you to sign the consent form. You will be given an injection in a vein, while sitting in a chair. This injection has a small amount of radioactive tracer in it (MIBI).

The technologist will take pictures of your heart approximately one hour after the injection of the tracer. You will be allowed to leave during this time if you wish and get something to eat and drink (**NO CAFFEINE**). You will be asked to lay on a special camera bed for the pictures; they take about 20 minutes.

Day Two

You may have a light breakfast with juice (no coffee, tea, chocolate, soda pop). Wear comfortable clothes as you may be asked to walk on a treadmill during the test if you are able. We will be setting up an intravenous (IV) before the test. This IV will be used for the medicine and also the radioactive tracer injection (MIBI).

Your doctor will be present during the test and may decide to use a medicine called Persantine. Persantine increases the blood flow to your heart. You may feel flushed, have a headache, or your blood pressure may drop slightly. Any symptom you may feel can be reversed with an antidote called Aminophylline.

Your heart will be monitored with an ECG machine and your blood pressure will be taken every few minutes.

After the stress test we will wait approximately 45 minutes before pictures are taken. During this waiting time you are not allowed to leave the department. **Please bring a snack and drink with you.** Eating after the test will improve the quality of pictures and make you feel better (**you may now have coffee or tea**). Once again the pictures will be done with you lying on our special camera bed which takes 20 minutes. A written report of the results will be sent to your primary care provider in about a week.

PLEASE READ CAREFULLY

For both parts of the test you may have a light breakfast with juice (no coffee, tea, chocolate, soda pop). If you are diabetic **two** hours before the test is allowed. **NO CAFFEINE 24 hours** before the Stress Test.

Stay away from:

- Coffee, tea, decaf coffee, decaf tea – all have some caffeine;
- Chocolate of any kind (hot chocolate, chocolate milk, bars, chip cookies);
- Pop, sodas (Coke, Pepsi, Red Bull, Mountain Dew); and
- Pain pills that contain caffeine, such as Tylenol number 1, 2, 3 (T1, T2, T3), Anacin, Excedrin.

Please bring a current **list of your medications** and health card.

Day one **REST TEST** Date: _____ Time: _____

Day two **STRESS TEST** Date: _____ Time: _____

