

UNITED HOSPITAL CENTER PATIENT EDUCATION

MYOCARDIAL PERFUSION IMAGING (EXERCISE TREADMILL)



Your physician has referred you to the Diagnostic Services Department at United Hospital Center for a test called Myocardial Perfusion Imaging. This test is performed in conjunction with a stress test.

The Myocardial Perfusion scan gives the doctor a visual picture of your heart muscle. A myocardial perfusion scan involves an intravenous (IV) injection of a small amount of radioisotope (Technetium Sestamibi) with minimal radiation exposure. You will be asked to drink several cups of water. After **approximately 30 minutes**, the technologist will acquire the initial set of images. These images will take about 15 minutes. Next you will be taken back to the stress lab. It will be necessary for you to read and sign a consent form before taking this test. In addition to explaining the risks involved with testing, the form gives the doctor permission to treat you should an emergency situation arise. By signing the form, you are consenting to the test and are acknowledging you have been informed about risks related to testing. You will be asked to walk on a treadmill and while you are walking the Technetium is injected through your IV tubing. You will continue walking for approximately one minute after the injection to ensure the radioisotope is circulating to your heart muscle. After the completion of the exercise, **you will have an approximate waiting time of 30-60 minutes before** imaging of your heart. Again you will be asked to drink several cups of water. Next, you will lie on the same imaging table for **another 15 minutes** while the scanner will rotate around your chest for your second set of images.

Special instructions to be followed in preparation for a Myocardial Perfusion Scan:

1. The morning of the exam you may only have a liquid breakfast consisting of water, black decaffeinated coffee and/or decaffeinated tea. If you are a **DIABETIC**, you may eat a **light** breakfast. If you're taking insulin or an oral hypoglycemic agent, bring it to the hospital with you so it will be available for you to take when you eat.
2. Do not smoke for at least 2 hours before the test
3. Wear shoes that are appropriate for walking or running (preferably tennis shoes). High heels and slippers are not permitted.
4. Men should wear shorts or trousers.
5. Women should wear slacks or shorts. No one-piece undergarments may be worn during the test.
6. All current medications should be continued, unless otherwise specified by your physician.
7. Please bring a list of the medications you are presently taking.
8. If you are an in-patient you will be brought to the Diagnostic Imaging Department prior to your actual test time. If you are an out-patient, you should arrive 30 minutes prior to the scheduled test time and check in at the Outpatient Registration Desk in the main lobby of the hospital.
9. If you need to cancel your test, please call at least 24 hours prior to your scheduled time. This will allow us to schedule another patient for this important diagnostic procedure.

If you are pregnant, or think you might be, tell your doctor and the technician **BEFORE** your exam.

LENGTH

Injection and initial images
Stress Test and Images
Total Exam Time

approximately 1.5 hours
approximately 2.0 hours
approximately 4.0 hours

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