

The **Nuclear Medicine (Myocardial Perfusion) Stress Test** is a safe and powerful tool used to see images of your heart while you are at rest and shortly after you have exercised. Nuclear Stress Tests provide information about the circulation and function of your heart. This test can be used to examine the blood flow to the heart, determine the amount of damage to the heart muscle after a heart attack, diagnose the cause of chest pain (angina), and check the health of your arteries. This information helps your physician develop the best treatment plan for your long-term heart health.

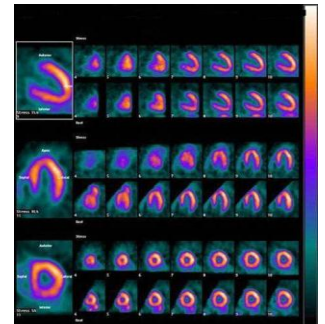
## PREPARATION:

- PLEASE ALLOW 2-4 HOURS FOR THIS PROCEDURE.** Larger patients may need to complete this procedure on 2 separate days.
- NO CAFFEINE FOR 12 HOURS.** Includes all 'decaffeinated' products, chocolate, tea, cola, and medications such as Excedrin.
- NO BETA-BLOCKERS FOR 24 HOURS (bring medications with you, if needed).**
  - Acebutolol (Sectral®)
  - Atenolol (Tenormin®, Tenoretic®)
  - Betaxolol (Kerlone®, Betoptic®)
  - Bisoprolol (Zebeta®, Ziac®)
  - Esmolol (Brevibloc®)
  - Carteolol (Ocupress®, Cartrol®)
  - Carvedilol (Coreg®, Coreg CR®)
  - Esmolol (Brevibloc®)
  - Labetalol (Trandate®, Normodyne®)
  - Levobunolol (Betagan®, AK Beta®)
  - Metipranolol (OptiPranolo®)
  - Metoprolol (Lopressor®, Toprol-XL®)
  - Nadol (Corzide®)
  - Nadolol (Corgard®)
  - Nebivolol (Bystolic®)
  - Penbutolol (LevatoI®)
  - Pindolol (Visken®).
  - Propranolol (Inderal®, Inderal LA, Inderide®, InnoPran XL®, InnoPran XL®)
  - Sotalol (Betapace®, Sorine®)
  - Timolol (Betimol®, Blocadren®, Istalol®, Timolide®, Timoptic®)
- NO THEOPHYLLINE MEDICATIONS/INHALERS FOR 48 HOURS (bring medications with you, if needed).**
  - Ami-rax®
  - Aquaphyllin®
  - Asbron® G
  - Asmalix®
  - Broncodur®
  - Broncomar® GG
  - Bronkodyl®
  - Elixophyllin®
  - Elixophyllin-GG®
  - Equibron® G
  - Hydrophed®
  - Marax®
  - Primatene® Dual Actor
  - Quadrial®
  - Quibron-T®
  - Slo-Phyllin®
  - Theoclear-80®
  - Theolair®
  - Theosol-80®
  - Truxophyllin®
- WEAR OR BRING COMFORTABLE CLOTHES AND WALKING SHOES,** with no metal around your chest area, i.e., metal snaps, zippers, necklaces, etc.
- EAT A LIGHT BREAKFAST.** You may drink water before and during your exam. You may bring a snack.



## PROCEDURE: (3 PARTS – REST IMAGES / STRESS TEST / STRESS IMAGES) TOTAL TIME: 2-4 hours

- An IV will be started in your arm. A dose of a very safe radiopharmaceutical called Myoview is injected. The tracer travels through the body and concentrates in the heart, behaving like the nutrients normally used by the heart. There are no side effects and it does not change how your heart functions. 15-60 minutes later, 20 minutes of 'rest images' will be taken.
- Then, to exercise your heart for the stress test, one of two possible methods will be used, depending on the doctor's order and your exercise abilities. *Please inform the technologist if you have a history of lung disease, 2<sup>nd</sup> or 3<sup>rd</sup> degree heart block, or atrial fibrillation.*
  - Treadmill Stress Test:** You will walk on the treadmill, usually 6-10 minutes, until you reach a predetermined heart rate. During treadmill exercise, you may experience shortness of breath, fatigue, or chest discomfort. It is very important to reach the predetermined heart rate.
  - Chemical Stress Test:** A medication called Lexiscan will be given through your IV. During this 10 second infusion, you may experience shortness of breath, chest discomfort, headache, nausea, and/or a warm flushed feeling. These symptoms will subside shortly after stopping the medication.
- 15-120 minutes after the stress test, 20 minutes of 'stress images' will be taken, which completes the exam.



After the test is completed, you will make a follow-up appointment to see the doctor about the results of your procedure. You may resume your normal daily activities and medications. Please drink plenty of fluids to flush the remaining radioactive medications out of your body.

**\*\*\*24 HOUR CANCEL/RESCHEDULE POLICY: Please give our office a 24 hour notice or you will be billed for the medication.\*\*\***

**We appreciate you choosing the Cardiac Center of Texas for your cardiac care needs. We want you to be very satisfied with your care. If you have any questions or comments please contact us at (972) 529-6939.**

Name: \_\_\_\_\_ Reason for exam: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

1. Have you had regular or decaffeinated coffee/tea/soda/energy drinks in the past 12 hrs? Yes No
2. When did you last eat/drink? \_\_\_\_\_ Are you diabetic? Yes No
3. Which heart and/or lung related medications are you prescribed? \_\_\_\_\_
4. When did you last take your medications? \_\_\_\_\_
5. Do you have:
 

Difficulty walking on a treadmill	Yes	No	
Atrial fibrillation	Yes	No	
2 <sup>nd</sup> or 3 <sup>rd</sup> degree heart block	Yes	No	
Asthma, CHF, COPD, Emphysema	Yes	No	When did you last use an inhaler? _____
Kidney impairment/failure	Yes	No	
History of heart attack/bypass/stent	Yes	No	When? _____
Previous nuclear stress test	Yes	No	When? _____ Where? _____

For the stress test, one of two possible methods will be used, depending on the doctor's order and your exercise abilities.

- A. Treadmill Stress Test: You may be asked to walk on a treadmill with progressive increments in speed and incline. During the exercise, your EKG will be continuously monitored and your blood pressure periodically recorded. The exercise will be discontinued once you attain a predetermined target heart rate, develop significant abnormal EKG changes, or have symptoms such as chest discomfort, severe shortness of breath, or fatigue.
- B. Chemical Stress Test: If you have physical limitations excluding you from exercising on a treadmill, a chemical called Lexiscan, which mimics the effects of exercise on the heart, will be injected through your IV to reach your peak stress level. During this 10 second infusion, you may experience shortness of breath, chest discomfort, headache, nausea, and/or a warm flushed feeling. These symptoms will subside shortly after stopping the medication. EKG and blood pressures will be monitored.

Every reasonable effort will be made to conduct the stress test in such a way as to minimize discomfort or risk. These side effects may include episodes of flushing, nausea, lightheadedness, fainting, chest discomfort, heart arrhythmia, and in very rare instances, heart attacks.

The risk of exercise testing to life itself is approximately 1 occurrence in 10,000 tests. The risk of death for people with symptomatic arteriosclerotic heart disease not undergoing exercise testing in any given 24 hour period is greater than that.

*I attest that, if I am a woman 55 years old or younger, I am not pregnant or breastfeeding at this time.* \_\_\_\_\_ (initial)

I hereby authorize Cardiac Center of Texas staff to perform my Nuclear Stress Test. I have read the above information and understand the procedure, as well as any possible complications or risks. I understand that in rare instances, heart attack or stroke has been reported. I acknowledge that my physician has explained my condition, the nature and purpose of this test, as well as alternative tests, and that all questions have been answered in a satisfactory manner. I understand that any question(s) I have can be answered by a physician or staff member and that I may terminate the procedure at any time. I hereby accept the risk of harm in order to obtain the desired beneficial diagnostic information.

 \_\_\_\_\_  
 PATIENT SIGNATURE

 \_\_\_\_\_  
 DATE