

Myocardial Perfusion Imaging

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Myocardial perfusion imaging helps your health care provider see how well your heart is working and if your heart muscle is getting enough blood during stress and at rest.

This test has two parts: the resting portion and a stress portion. The two parts may be scheduled on the same day or on two separate days.

During this test you will receive a safe radioactive material (tracer) through an intravenous (IV) line in your hand or arm.

You will need to lie flat on your back for 20 to 30 minutes during each part of the test.

During imaging, the camera will not come over your face. It will come close to your chest. If this may be a problem for you, talk with your health care provider before the test.

For the stress portion of the test:

- You will either walk on a treadmill or receive a medicine that will simulate what happens to your body during exercise.
- With any test that involves stress, there are risks. They can include irregular heartbeat, heart attack or death. Serious side effects are rare. If you have any issues, a health care provider will help you right away.

Your Test

Date: _____

Time: _____ a.m. / p.m.

Location:

- ☐ Buffalo Hospital's Heart Center
303 Catlin St., Buffalo, Minn.
- ☐ Mercy's Heart & Vascular Center
4040 Coon Rapids Blvd., Suite 8,
Coon Rapids, Minn.
- ☐ Mercy Hospital – Unity Campus
550 Osborne Rd., Fridley, Minn.

Please arrive 15 minutes before your exam.

If you need to cancel or reschedule, please call at least 24 hours before your scheduled appointment.

If you have any question about your test, please call 763-236-7700 between 6:30 a.m. and 4:30 p.m.

The entire test will take about 4 to 4 ½ hours.

If you are scheduled for a 2-day test, the stress portion of the test is usually scheduled on the first day with the rest portion scheduled on the next business day.

(over)

Before the Test

- You may need to stop taking some medicines before the test. Talk with your health care provider or call 763-236-7700 1 to 2 days before your test.
- For 24 hours before the test, do not have any caffeine. This includes:
 - any caffeinated or decaffeinated beverages (coffee, tea, soda or energy drinks)
 - chocolate
 - medicines that contain caffeine such as Excedrin®.
- For 12 hours before the test, **do not use any products that have tobacco or nicotine** (including e-cigarettes, vape pens, smokeless tobacco or synthetic tobacco).
- For 4 hours before the test, do not eat or drink anything.
- Do not put lotions or oils on your skin the day of the test.
- Wear loose, comfortable clothing and walking shoes.
- Bring your inhaler.
- Bring a list of your current medicines and allergies with you to your test. Be sure to include prescription and over-the-counter medicines, vitamins and herbals.
- Tell the technologist if you are breastfeeding, pregnant or think you may be pregnant.

Rest Portion

- A technologist will place an IV line in your hand or arm.
- You will receive the radioactive material through the IV.
- The radioactive material will allow the blood flow to your heart to be highlighted on images taken by a camera.
- You will wait 30 to 60 minutes and then images of your heart will be taken.

- You will lie flat on your back as a camera circles your chest.
- You will need to lie still.
- It will take about 20 minutes to take images of your heart.

Stress Portion

- A technologist or nurse will take your blood pressure and place electrocardiogram (ECG) patches on your chest. These patches will be used to monitor your heart during the stress portion.
- You will walk on a treadmill.
- If you are not able to walk on the treadmill, you will receive a medicine through your IV.

The medicine simulates what happens to your body during exercise. There may be some side effects such as headache, shortness of breath, chest discomfort or an upset stomach. This is normal.
- You will receive another medicine after the test that will help you feel better before leaving the hospital.
- In the last few minutes of the test, you will receive the radioactive material through the IV.
- You will wait 30 to 60 minutes and then images of your heart will be taken.
- You will lie flat on your back as a camera circles your chest.
- You will need to lie still.
- It will take about 30 minutes to take images of your heart.

After the Test

- The IV and ECG patches will be removed.
- You may return to your normal activities.
- Call your health care provider's office in 5 to 7 days to get the results.