

# Myocardial Perfusion Imaging

## General Information

Myocardial Perfusion Imaging is a test to determine whether your heart is healthy. Especially if you have a family history of heart disease or are experiencing pain or other nonspecific symptoms that arouse suspicion. Your provider wants to rule out coronary artery disease, which is defined as blockages in the heart's vessels that can starve the heart from its normal blood supply and critical nutrients. This test allows us to assess the heart muscle's function and blood flow at both rest and stress.

## Before the Test

- Do not eat or drink anything 6 hours before your appointment.
- Do not consume caffeine for 12 hours before your appointment. This includes decaffeinated beverages, tea, chocolate, and some medications (i.e. Excedrin).
- Do not smoke for 12 hours before your appointment.
- Do not apply any lotions or oils to your skin the morning of the test.
- Wear comfortable clothing and tennis shoes.
- If you use an inhaler, please bring it along with you to the test.
- You may be asked to hold some of your medications, please check with your doctor. If you have any questions, regarding your medications, please call 763-427-9980.
- If you are diabetic you will need to hold your oral medications the morning of the test. If you are on insulin, hold your regular insulin and take ½ of your long acting insulin the morning of the test.
- Please bring a current list of medications with you along with any blood pressure medications as you may take them halfway through the test.

## During the Test

This test includes two portions, the resting portion and the stress portion. The two parts may be scheduled in the same day or on two separate days depending on your height and weight.

A Nuclear Medicine Technologist will go over your recent history and medications with you. After this brief interview, the Nuclear Medicine technologist will explain the exam to you and take your blood pressure. You will be asked to sign a

consent form. Upon receiving your consent the Nuclear Medicine Technologist will start and IV.

### **Rest**

A small amount of radioactive tracer will be injected into your arm. This tracer will follow the blood flow to your heart and localize in the heart muscle to allow us to see your baseline blood flow. There are no side effects to this material. After 45 to 60 minutes, you will lie flat on your back as the camera circles your chest. The camera will not come over your face; however, it will come close to your chest. If this may be a problem for you contact your provider.

### **Stress**

A specially trained registered nurse will greet you in the stress room. He/She will review your history and place electrocardiogram patches on your chest. This allows us to monitor the electrical activity of your heart during stress. A blood pressure will also be taken. If you are able, you will walk on a treadmill until your heart reaches your target heart rate and/or you need to stop (the target heart rate a calculation based on your age and usually takes less than 10 minutes). If you are unable to exercise, you will receive a special medicine through your IV that will dilate your arteries as if you were exercising. There may be some side effects to this medication (i.e. headache, chest pain, shortness of breath) however; you will receive a reversing medication before leaving the stress room. In the last few minutes of the test, a small amount of radioactive tracer will be injected depending on which stress test is performed. For the images you will lie flat on your back (and possibly your stomach) as the camera circles your chest. The camera will come close to your chest.

The test will take approximately **4 ½ hours** to complete.

Snacks and juice will be provided halfway through the test. If there is something in particular you would like to eat or during please feel free to bring it along with you and you will be allowed to have it at that time. You also may want to bring a book or magazine as you will have a break time during the test.

### **After the Test**

Results are typically received within 5 business days. If this is not the case, please contact us at 763-427-9980

A 24 hour notice is appreciated if you need to reschedule or cancel your appointment. If you have any questions please feel free to contact us at 763-427-9980.

If you have any questions about the preparation or the exam, please see your doctor.