

## Myocardial Perfusion Imaging (Cardiolite®) Stress Test Patient Instructions

The total test takes approximately three to four hours to complete and is performed in multiple stages. To ensure the highest quality of testing, all instructions must be followed.

### Preparation for the Test

- No food for two hours prior to testing. You may not smoke after midnight the day before.
- **Bring a snack** with you; the nurse will instruct you when you may eat.
- Drink plenty of water and make sure you are well hydrated prior to the test.
- **No Caffeine 24 hours** prior to the test. This includes coffee, tea, chocolate, soda, “decaffeinated” beverages and energy drinks. Some migraine and headache medicines also contain caffeine.
- Wear a comfortable, two-piece outfit and athletic or rubber soled shoes. No sandals or flip-flops.
- No lotions, powder or oils on the chest the day of your test.
- **Due to COVID-19 face masks are required during your test, unless otherwise instructed.**

On the day of the test, we often ask patients to delay taking certain blood pressure medications called beta blockers. Your physician may give you specific instructions. A list of **medications to avoid** is on the back of this page. If you are not sure, do not take these medicines and bring them with you to take when the test is complete.

**Diabetic patients:** If you take insulin or other medications for diabetes, do not take your morning dose. Bring your medicine with you or contact the doctor who monitors your diabetes for advice.

### What to Bring

- Current medications
- Your insurance card.
- Photo ID
- Your inhaler if you have one (even if you rarely use it)

No one under the age of 18 is allowed in the nuclear waiting area. Please arrange child care if you need to. The results of your test will be faxed to your Primary Care Physician. The results will be called to you once the doctor has had time to review and document your information.

### The test will be performed at the indicated office:

☐ Cary Office  
300 Keisler Drive  
Cary, NC 27518  
(Suite 100 Check- In)

☐ Dunn Office  
145 Tilghman Drive, Suite 100  
Dunn, NC 28334

☐ Fuquay-Varina Office  
400 Attain Street  
Fuquay-Varina, NC 27526

***If you have any questions or concerns about your Stress Test, Please contact our office at 919-233-0059***

**Please arrive 15 minutes prior to your scheduled appointment time.**

**Your Appointment is scheduled for**

\_\_\_\_\_ at \_\_\_\_\_ am/pm

*Appointments not cancelled 24 hours prior to appointment will result in a cancellation fee.*

*Failure to follow the above instructions may result in rescheduling your appointment. Please see No-show policy on the back of these instructions.*

## Myocardial Perfusion Imaging

### Medications to Avoid:

#### 48 Hours: Persantine, Theophylline, Aminophylline

**24 Hours:** Amlodipine, Atenolol, Bepridil, Betaxolol, Bisoprolol, Bystolic, Cardizem, Cartia, Carvedilol, Coreg, Covera, Diltiazem, Dipyridamole/Aggrenox, Esmolol, Felodipine, Inderal, Isradipine, Labetolol, Levobunolol, Lopressor, Mavik, Metipranolol, Metoprolol, Nadalol, Nicardipine, Nisoldipine, Nifedipine, Nimodipine, Norvasc, Penbutolol, Propranolol, Tenormin, Tiazac, Timolol, Toprol, Verapamil, Verelan, Xanthine

### Stress Test FAQ's

What is Myocardial Perfusion Imaging? Myocardial Perfusion Imaging is a test used to show how well the blood flows to the heart muscle. The test is done using Nuclear Medicine Imaging and a special camera called a gamma or scintillation camera.

**Why do I need this test?** There are many reasons your doctor may order this stress test, a few are:

- ▶ Your doctor may be concerned that you have heart disease and want to rule it out.
  - You may have symptoms of chest, jaw, or arm pain or an abnormal EKG
  - You may be at higher risk for heart disease due to one or more of the following: high blood pressure, high cholesterol, diabetes, smoking, obesity, or a family history of CAD.
  - You may need pre-operative clearance for a procedure.
- ▶ You have already been diagnosed with heart disease and your doctor wants to evaluate you.
  - You have developed new or worsening symptoms.
  - To check for heart damage.
  - To check on the progress you have made and evaluate your risk for future problems.
  - To check on how well your current treatment is working and make changes as needed.

**Will I be able to drive myself home?** Yes, there are usually no after effects from this test.

#### How does the test work?

The MPI stress test involves taking pictures of the blood flow to your heart at rest and at stress. We use a radioactive tracer to map the blood flow to the heart muscle. Specially trained technologists and nursing personnel will perform your test under the supervision of a cardiologist in our office.

#### How long will the test take?

You will be at our office for 3 to 4 hours. If you have multiple tests ordered, it could take a bit longer. If the test is scheduled to be done on two separate days, you will be here for about 2 hours each day.

**How do I prepare for the test?** Carefully read and follow attached instructions. Failure to properly prepare for your test may result in the test being rescheduled.

#### What will be done when I arrive?

- After you check in you will be taken to an exam room by the nurse or technologist.
- We will ask you a few questions, talk to you about the test, and answer any questions you have.
- A temporary IV will be placed in your arm or hand. You will be given the imaging medicine.
- Next you will be asked to wait for about 30 minutes while the imaging medicine works.

The test involves two pictures with a stress test performed in between. The type of stress test performed depends on your physical abilities and the Cardiologist's recommendation. You will be allowed to have your snack after the stress test. After your second picture is completed, the technologist will process your test while you wait.

**When will I get my results?** You will receive a call from our office in 1-2 weeks following your test.

A copy of the final report will be promptly faxed to your referring physician.