

GETTING READY FOR YOUR HEART IMAGING TEST

California Heart Specialists of
Orange County

18800 Main Street Suite 103

Huntington Beach, CA 92648

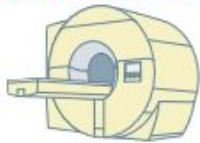
TEL 714-842-8100 FAX 714-842-8181

WE'LL BE TESTING YOUR HEART

You will be undergoing a cardiac nuclear stress test.* It's a very common test for coronary artery disease (CAD). It can help physicians see if there's a problem with the blood flow to your heart without doing any surgery.



WHAT IS THIS TEST, EXACTLY?



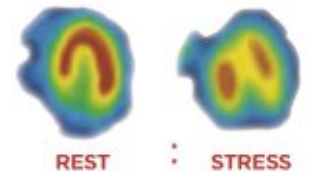
This test produces an image of the blood flow through your heart muscle. A liquid called a tracer, which contains a tiny amount of radiation, is injected into your bloodstream. The tracer makes its way through your veins into your heart.

Then a special camera creates computer-generated pictures of the tracer uptake by the heart.



Using the pictures, your doctors will be able to see which areas of your heart are not receiving enough blood, which tells them which coronary arteries may be clogged.

Usually, the best way to detect these clogs is by looking at two images of your heart side by side: one taken while you are at rest, and one taken after you have been exercising. If you are not able to exercise, your doctor may prescribe a "stress" medication in its place. The stress medication will be injected in the same place as the tracer. Here is what the images look like:



Your doctors will help explain to you what your heart images mean.



* The technical name of this procedure is myocardial perfusion imaging (MPI).



CARDIAC NUCLEAR STRESS TEST CHECKLIST

Check off each item as you prepare for your test.

- Please bring a high fat snack with you because eating a fatty snack after the exercise will help circulate the tracer better and help get better images
- Ask your physician for special instructions if you are a diabetic on insulin or oral hypoglycemic medications.
- Do not eat or drink anything for **TWO** hours prior to the test.
- Do not consume products containing methylxanthines, ie, caffeine and theophylline, for at least 4 hours before the test. Certain ingredients in foods and medications may interfere with the test. See the list of products to avoid on the right side of this page.
- Do not take drugs containing dipyridamole, such as Aggrenox® or Persantine® within 2 days of your test.
- Wear comfortable clothes and shoes appropriate for possible exercise on a treadmill.
- Do not apply any creams, lotions, or powder to your upper body on the day of your test.
- Inform your physician if you have a history of wheezing, asthma, or chronic lung disease.
- REMEMBER TO KEEP STILL**—if you move too much, you may ruin the picture.

*Plan to be in the office for **3 to 4 hours**
The injected tracers need time to circulate. The images take approximately 20 minutes each cycle and the exercise procedures will require additional post-exercise circulation time to get good images.

PRODUCTS TO AVOID BEFORE YOUR TEST

This is only a partial list. Ask your pharmacist or physician to be sure which additional products you should avoid before your test.

NO CAFFEINE!

TREADMILL:

Stop all Beta blockers for at least 24 hours prior to your test. These include: Inderal, Propanolol, Lopressor, Metoprolol, Tenormin, Atenolol, Betaxolol, Coreg, Nadolol, Zebata, Bisoprolol, Normodyn, Labetalol, Carvedilol, and Ziac.

LEXI-SCAN:

You may continue to take all medicines except anything containing Aminophylline, Theophylline, Persantin, Dipyridamole, Excedrin, and Anacin.

**** You should receive a confirmation call from the office. If you DO NOT receive a call within two business days prior to the day of the treatment, please call the office for confirmation. There will be a cancellation fee of \$200 if absent after confirmation. ***

**** FOR NUCLEAR STRESS TESTS TO BE PERFORMED, MEDICATION THAT IS ONLY EFFECTIVE FOR A FEW HOURS MUST BE ORDERED. THEREFORE, IF YOUR APPOINTMENT IS NOT CONFIRMED WITH A CONFIRMATION CALL THE DAY PRIOR, THE APPOINTMENT WILL BE CANCELED AUTOMATICALLY. ****

**** PLEASE DO NOT BRING FAMILY MEMBERS OR FRIENDS TO THE APPOINTMENT UNLESS ABSOLUTLY NECESSARY DUE TO THE LIMITED SPACE AVAILABILITY IN THE WAITING ROOM. ****