

Treadmill test with nuclear imaging (cont'd)

What happens during the test?

- **Resting scan.** A small amount of radioactive tracer will be injected in your arm through an IV. This tracer is carried by the coronary artery blood flow into your heart, where it is absorbed. If an area of your heart is not receiving enough blood, it will absorb less of the tracer. The tracer is visible on the scan, allowing your doctor to see the blood flow to your heart. Once the radioactive tracer is injected, you will wait 45 minutes to an hour before imaging begins. The imaging process takes about 25 minutes and you will be asked to lie very still during this time.
- **Treadmill exercise test.** A nurse clinician will monitor your ECG for any heart rhythm abnormalities as you walk on a treadmill. Once you reach an adequate exercise level, you will receive a second dose of radioactive tracer. Ideally, you will continue exercising for one minute after the injection.
- **Post-exercise scan.** This shows the blood flow to your heart after exercise. The scan is performed about 45 minutes after the treadmill exercise. The imaging process takes about 20 minutes; you will be asked to lie very still during this time.
- The dosing of the radioactive tracer is weight-dependent. Women who weigh more than 220 pounds and men who weigh more than 250 pounds will need to return within a week for a resting scan. A resting scan takes about two hours. Your care provider will tell you if you need this test.

What are the risks and side effects of the test?

The radioactive tracer is not an X-ray dye and is safe even if you are allergic to X-ray dyes.

The exercise-related risks of a treadmill test with nuclear imaging are minimal. Your heart rate,

ECG, and blood pressure will be monitored closely, and a cardiologist always will be in the area.

When will I get my results?

A nuclear cardiologist will review your ECG and both scans after a technologist has processed them. The doctor who ordered your test will talk to you about your results, usually within three days to five days.

Telephone number

If you have questions about your test, please ask the doctor ordering the test. If you need to cancel and reschedule the test, call:

- Park Nicollet Heart and Vascular Center
cardiology scheduling
Weekdays, 8 a.m. to 5 p.m.
952-993-5305

Locations

- Park Nicollet Heart and Vascular Center
Third Floor, Suite 3-820
6500 Excelsior Blvd.
St. Louis Park, MN 55426

Take Hwy. 100 to Excelsior Blvd. Go west about a half mile. Enter the Heart and Vascular Center at 6500 Excelsior Blvd. Park in the Blue Ramp and take the walkway to the center. Take the elevator to the second floor and check in at the reception desk. Bring your parking ticket in to the center to be validated for a reduced parking fee.

- Park Nicollet Clinic—Chanhassen
300 Lake Drive East
Chanhassen, MN 55317

Take Hwy. 5 West to Great Plains Blvd. Turn left on Great Plains Blvd. Turn left on Lake Drive E. Clinic is on the left-hand side. Parking is free.