

Pharmacologic Stress Test with Nuclear Imaging

(Adenosine Nuclear Stress Test or Dobutamine Nuclear Stress Test)

You exam is scheduled for: _____ *a.m./p.m.*
Day Date Time

Please check in at: _____ *a.m./p.m.*

- Park Nicollet Heart and Vascular Center—3rd Floor St. Louis Park Park Nicollet Clinic—Chanhassen

Why are you having this procedure

Your physician has ordered this special imaging test to evaluate the blood supply to your heart.

If you are not able to lie flat for 30 minutes, without moving, you should let your doctor know before you have the test.

Day before the test

- Do not have any caffeine for 12 hours before your test. This includes coffee, decaf coffee, tea, decaf tea, chocolate, soft drinks containing caffeine, No-Doz[®], Anacin[®] or Excedrin[®].
- If you are taking medications on a regular basis, continue these as usual on the day of the test unless otherwise directed by your doctor. If you take dipyridamole (Persantine[®]) or asthma medicines, such as theophylline, consult with your doctor, as you may not be eligible for this test. This does not include inhalers.
- If you have diabetes and are on insulin, ask your doctor for instructions on adjusting your insulin dose.

Day of the test

- You may eat a light (preferably fat-free) meal two hours before your test. A typical light meal consists of juice and two pieces of toast without butter or margarine. A large or fatty meal may affect your test results.
- You may drink as much water as you would like.
- Please bring a list of your current medications.
- The testing lab is not a safe environment for children. Please do not bring your children.
- Please arrive 15 minutes before your scheduled time to allow for parking and check-in.
- Please allow four hours for the test from check-in to completion.
- You may wish to bring a book to help you pass the time.

After the procedure

You will have an IV placed, which will carry small amounts of a radioactive tracer called Myoview[™]. These tracers are 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 scans allow doctors to see the blood supply in your heart. The tracer is not an X-ray dye and is safe even if you are allergic to X-ray dyes.

(continued)

The test consists of three parts.

1. **Resting scan**—This shows the blood supply in your heart at rest. After injecting the Myoview™, there is a 45 to 60 minute wait before imaging begins. Imaging takes about 30 minutes, and you will be asked to lie very still during this time.
2. **Infusion of a medication called adenosine or dobutamine to simulate physical exercise (this is called pharmacologic stress)**—A nurse clinician will monitor your heart as you receive a medication through your IV. This medication has an effect on your heart that is similar to exercise. It is used when patients cannot exercise on a treadmill. Once the medication has taken effect, you will receive a second dose of the tracer. During the pharmacologic stress, just as in a regular stress test, your electrocardiogram (EKG) is monitored for any abnormalities.
3. **Post-exercise scan**—This shows the blood supply in your heart during the pharmacologic stress. The scan is performed about 45 minutes to one hour after the stress. Imaging takes about 30 minutes, and you will be asked to lie very still during this time.

The dosing of the radioactive tracer is weight-dependent; therefore, women who weigh more than 220 pounds and men over 250 pounds will be asked to return within a week for a resting scan, which will last around two hours. When the test is scheduled, you will be told if you need to return for the resting scan.

Results

A nuclear cardiologist will review your EKG and both scans after a technologist has processed them. The doctor who ordered your test will receive a report and discuss the results with you. You may want to ask your doctor beforehand when to expect the results and how you will be contacted.

Questions and scheduling

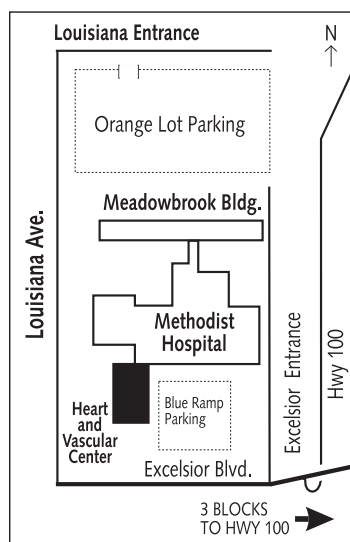
If you have questions about your exam, please ask the doctor ordering or prescribing the test. If you need to cancel or reschedule the test, call Park Nicollet Heart and Vascular Center cardiology scheduling at 952-993-5305, please call at least one business day before your test as the medication is ordered specifically for you.

Locations

Park Nicollet Heart and Vascular Center
3rd Floor
6500 Excelsior Blvd.
St. Louis Park, MN 55426
952-993-5305

Take Hwy. 100 to Excelsior Blvd.; go west about one-half mile.

Enter the Heart and Vascular Center at 6500 Excelsior Blvd. Park in the Blue Ramp.



Park Nicollet Clinic—Chanhasen
300 Lake Drive East.
Chanhasen, 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.

