

Treadmill Test with Nuclear Imaging

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—
St. Louis Park

Park Nicollet Clinic—Chanhassen

Why are you having this procedure?

Your doctor 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 consume 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®.
- Some medications affect the results of the stress test. Examples of these are Inderal® (propranolol), Tenormin® (atenolol), Lopressor®, Toprol® (metoprolol) and Coreg® (carvedilol). Unless your doctor specifically tells you to continue these medications, we recommend that you stop taking them at least two days before your stress test.
- If you are taking other medications on a regular basis, continue these as usual on the day of the test unless otherwise directed by your doctor.
- 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 impair test results.
- You may drink as much water as you would like.
- The testing lab is not a safe environment for children. Please do not bring your children.
- Please bring a list of your current medications.
- Please arrive 15 minutes before your scheduled time to allow for parking and check-in.
- Please wear clothing appropriate for exercise. Gym shorts, light trousers or sweatpants work well. Athletic or walking shoes are a must. Do not wear slippers, sandals or shoes with high or chunky heels. Women will be given a hospital gown to wear during the test as they will undress from the waist up to allow the positioning of the electrocardiogram (EKG) patches. Men may need part of their chest shaved to ensure a good EKG signal is obtained.
- From check-in to completion, the test will require four hours of your time.
- You may wish to bring a book to help you pass the time.

About the procedure

You will have an IV placed, which will carry small amounts of a radioactive tracer called Myoview™. 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 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.

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. The imaging process takes about 30 minutes and you will be asked to lie very still during this time.
2. **Treadmill exercise test**—A cardiologist or nurse clinician will monitor your EKG for any abnormalities as you walk on a treadmill. Once you have reached an adequate exercise level, you will get a dose of Myoview™. Ideally, you will continue exercising for one minute after the Myoview™ injection.
3. **Post-exercise scan**—This shows the blood supply in your heart during exercise. The scan is performed about 45 minutes to one hour after the treadmill exercise. Once again, the imaging process 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 about 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 the 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 and reschedule the test, please call Park Nicollet Heart and Vascular Center cardiology scheduling at 952-993-5305.

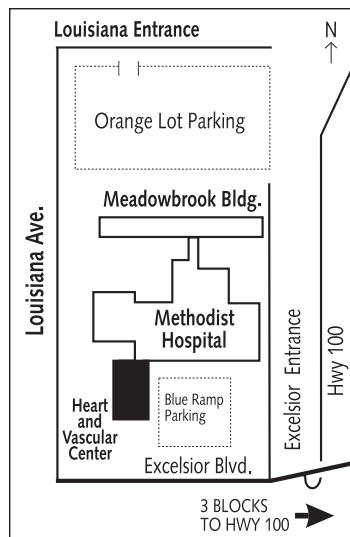
Locations

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—Chanhausen

300 Lake Drive East.
Chanhausen, 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.

