

Kaiser Foundation Hospital – San Jose Department of Nuclear Medicine

You have been scheduled for a Myocardial Perfusion Scan. This is a study of the heart. It can be done two different ways. You may walk on a treadmill or receive one of two medicines, Adenosine or Dobutamine, either of which stimulates the same response as walking on a treadmill. You will be asked to report to Nuclear Medicine. Plan on spending at least 2-3 hours for your appointment in Nuclear Medicine.

Why is this test done?

Your physician or nurse practitioner has requested that you have this test. It may be for several reasons. You may have been experiencing symptoms that might be heart-related and need to be examined more in depth. Another reason, you may be unable to walk on a treadmill, so an Adenosine test is required. Lastly, you may be having surgery. This test will help evaluate how well the heart will tolerate anesthesia for surgery.

How is this test done?

This test is often done taking two pictures, one at rest and one following treadmill or Adenosine. Because the resting picture is not always necessary, this is done on two separate days. The stress images are done the first day, then we will call to set up another appointment, if needed. To make the heart muscle move visible under the camera, a slightly radioactive substance is injected into a small vein in your arm. This is called a “tagger”. It will take some time to circulate the blood to the heart muscle. This will allow the heart muscle to be seen under a gamma camera.

How do I prepare for this test?

There are special instructions on the back of this pamphlet for you to follow in order to prepare for this test. Please carefully review them.

A small catheter called a heparin lock will be placed in a vein in your arm. The exercise of Adenosine part of the test will be performed followed by a set of pictures. Patches will be placed on your chest so that an electrocardiogram (EKG) can monitor your heart rhythm.

Your blood pressure will be frequently measured. This part of the test will take about 15 minutes. You will be monitored by both a physician or a nurse and technologist during the test.

For those who are unable to walk on a treadmill, one of two medicines, called Adenosine or Dobutamine, are used. It is given through the small catheter already in the vein of your arm. This medicine will increase the blood flow to your heart just as if you were walking on a treadmill.

Near the end of the test, an injection of the tagger will be given. A set of picture will follow. This is usually within 30 to 90 minutes after completion of either the treadmill or Adenosine test.

If needed, the rest images are done after injection of the tagger, which is allowed to circulate. The picture follows and takes 20–30 minutes.

For the picture, you will be asked to lie on a narrow table on your back. The camera will rotate around your body. If it is difficult to lie flat on your back, please let us know.

What do I do after the test is done?

You may go home and resume your regular diet and activity when the test is completed.

Since your urine will be slightly radioactive for 24 hours after the test, please take the following precautions:

1. Sit on the toilet when urinating
2. Flush twice.
3. If your urine spills onto your clothing, separate it from other family member's laundry and immensely wash.

How do I find out about my test results?

It will take about 2 days for test results to be available. Ask your primary care provider to explain the test results at your next appointment.

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How to prepare:

- No caffeine for 24 hours before your test. This includes soft drinks, chocolate, tea, regular and decaffeinated coffee, Anacin, Excedrin, NoDoz, Vivarin.
- If your test is a treadmill, wear comfortable clothing and good walking shoes.
- No eating, drinking, or smoking for 4 hours prior to the test. **Water is ok.**
- If diabetic, you may have a light meal 4 hours prior to the exam. This may include Jell-O, pudding, yogurt, soup, or milk. **NO CAFFINE!**
- Always take your medicines as usual unless specified. If you have any questions, please call us. **SEE ATTACHED ADDENDUM.**
- If you have asthma or severe breathing problems, please notify us.
- Bring any inhalers with you to your appointment.
- If you weigh 250 pounds or more, please notify us.

Scheduled for Appointment Day:

- Check-in for your appointment
- A small catheter or heparin lock is placed in your arm to allow us to give necessary injections.
- For the rest test, injection given and the scans are done 30–60 minutes later.
- For the stress test, EKG and Blood Pressure will be monitored.
- Walk on treadmill or receive Adenosine
- Tagger administered.
- Heparin or catheter removed.
- Stress pictured.
- Test completed.

The Nuclear Medicine Department is located in:

**Kaiser Foundation Hospital – San Jose
250 Hospital Parkway
San Jose, CA 95119**

We are on the 2nd or Lobby Floor across from the Cafeteria.

If you have any questions, or cannot make your appointment, please call us as soon as possible.

**Nuclear Medicine Phone Number
(408) 972-7264**

**Nuclear Medicine
Cardiac: Myocardial Perfusion Scan**

Patient Name:

Appointment Date:

Time:

Adenosine

Do not take any of these medications for 24 hours before the test:

Aminophylline

Imdur

Isordil

Isosorbide

Viagra (hold 48 hours)

Nitroglycerin (use if necessary)

Aggrenox (3 days prior)

Treadmill

Do not take any of these medications for 48 hours before the test:

Adalat

Atenolol

Calan

Cardizem

Dilacor

Diltiazem

Inderol

Lopressor

Metoprolol

Nifedipine

Procardia

Propranolol

Tenormin

Verapamil