

### What is a Myocardial Perfusion Imaging (MPI) Stress Test?

The test combines a stress test with nuclear perfusion imaging to look at the blood flow to your heart muscle at rest and during stress. What will happen during the test?

- Upon arrival you will be asked to complete an information sheet and read a consent form.
- Once in the lab you will receive an explanation of the test and have your questions and concerns addressed prior to giving an informed consent.
- An intravenous (IV) line will be started and you will be prepped for the test so we can monitor your ECG, heart rate, rhythm and blood pressure throughout the stress test.
- If your exercise duration is insufficient, you have a medical history or your ECG is contraindicative to the treadmill, you may receive a medication. This will be at the discretion of the supervising physician(s) and this decision will be discussed with you.
- Near the end of your stress test, a small amount of medication will be injected into your IV line. You will then be placed under a camera for approximately 15 minutes while pictures of your heart are taken.
- Once your stress pictures are completed you will be given instructions and a return time for your rest pictures, usually 3 to 4 hours later. You still must not eat, but you can take some medications and limited types of fluids as instructed. You are able to leave the clinic during this waiting period.
- Upon returning to the clinic, a second set of images will be taken which should take less than 15 minutes to complete.

### What is a Rest Perfusion Imaging Study?

Your doctor may request only a rest study, which does not require you to go on the treadmill. In other cases, after your first stress and rest study, a second rest study may be ordered for another day. In this case, the interpreting cardiologist wants to add more information to your original test results. Do Not Be Alarmed. Our office will contact you if this study is necessary.

This test does require specific preparation. Please review the following instructions 3 days before your appointment.

48 hours before test: STOP taking all medications on the 48 Hour Medication List unless otherwise instructed by your physician.

- Acebuterol/Monitan/Rhotral/Sectral
- Atenolol/Tenormin
- Bisoprolol/Monacor
- Carvedilol/Coreg
- Metoprolol SR/Lopressor SR
- Nadolol/Viskin
- Sotalol/Sotacor
- Timolol/Blocadren
- Bystolic/Nebivolol

- Diltiazem XC/Tiazac XC  
Tadalafil/Cialis
- Vardenafil/Levitra
- Sildenafil/Viagra

24 hours before test:

STOP all caffeinated and decaffeinated products including coffee, tea, chocolate, cola drinks, energy drinks, Tylenol with caffeine, 222's, 229's and some cold and cough medications.

STOP taking all medications on the 24 Hour Medication List unless otherwise instructed by your physician.

- Amlodipine/Norvasc
- Diltiazem/Cardizem/Tiazac
- Felodipine/Plendil
- Nicardipine/Cardene/Cardene SR
- Nifedipine/Adalat
- Ivabradine/Coralan/Procoralan
- Imdur
- Ismo
- Isordil SR
- Isosorbide Dinitrate or Mononitrate
- Nitroglycerin patches
- Twynstra
- Labetolol/Normodyne/Trandate
- Metoprolol/Lopressor/Toprol XL
- Propranolol/Inderal
- Verapamil/
- Isoptin

Preparation Instructions: Please check your medications very carefully against the two lists below. As shown, some medications may have more than one name. Although not shown on the list below, some medications may begin with terms such as "APO", "NOVO", "Sandoz", "Mylan" or others that may show on the packaging. You must STILL follow the preparation instructions accordingly.

Midnight before test: STOP eating and drinking except for small amounts of water if required. Morning of test: STOP diabetic medications, EXCEPT insulin pump infusions which you may continue.

- Continue medications not listed on the 48 or 24 Medication Lists or Caffeine medications (Aspirin, Plavix (Clopidogrel), Effient (Perasugrel), Brilinta (Ticagrelor), other blood thinners, Asthma, COPD, seizure or Parkinson's medications.

- Bring all of your medications, including names and doses, with you.

- Dress in comfortable clothing and walking shoes. Avoid wearing bras with underwire.

- Do not wear body oils or powders, you may use deodorant. Perfume, cologne or heavily scented lotions should be avoided as some individuals may be sensitive or allergic to fragrance.