

FIT HEART MD

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NUCLEAR MYOCARDIAL PERFUSION REST/STRESS IMAGING STUDY

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OFFICE INSTRUCTIONS

BEFORE THE TEST

1. It is a two-day test. Resting part takes 2 hours and Stress part takes 2 ½ hours.
2. Do not eat or drink anything except water after midnight if scheduled in the morning (4 hours before the test if scheduled in the afternoon. Please bring food with you as you will be asked to eat between the first and second parts of the test. (No tea, coffee, or caffeinated drinks.)
3. No caffeine, tea, cola, coffee, or chocolate for 24 hours before the stress part, otherwise the test will have to be rescheduled.
4. You may take your medications with sips of water except do not take the following medications on the day of the **Stress part**: (Ask if unsure.)

<i>Atenolol</i>	<i>Coreg</i>	<i>Imdur</i>	<i>Metropolol</i>	<i>Procardia</i>	<i>Toprol</i>
<i>Calan</i>	<i>Diabetic Medicine</i>	<i>Insulin</i>	<i>Nifedipine</i>	<i>Propranolol</i>	<i>Verapamil</i>
<i>Cardizem</i>	<i>Diltiazem</i>	<i>Lopressor</i>	<i>Norvasc</i>	<i>Tenormin</i>	

Wear comfortable clothing and walking shoes for the stress part.

PROCEDURE

RESTING PART

1. A heplock will be inserted in one of your veins.
2. You will be injected with Cardiolite/Thallium and you will be asked to eat and then resting pictures will be taken one hour later.

STRESS PART

1. A heplock will be inserted in one of your veins.
2. Your EKG and blood pressure will be monitored.
3. Your heart will be stressed with exercise treadmill or with a medicine (Adenosine/Dobutamine/Lexiscan).
4. Cardiolite/Thallium will be injected in your heplock during the stress period.
5. You will be asked to eat at this time and then stress pictures will be taken one hour later.

NOTE

If for some reason you are unable to keep your appointment, please inform us at least 48 hours before the test so we can reschedule your appointment. If you do not give us a 48 hours notice, you will be billed for \$230.00 to cover the cost of perishable nuclear material that is used for this test. We have patients who are waiting to have these tests done and if you do notify us regarding your non-availability, we can use those time slots for these patients. This way they will get their test done sooner and you will not be billed for the wasted nuclear material. If you have any questions, please contact Veronica. Thank you.