



Welcome Sheet

Having a Cardiac Stress Test – Nuclear Myocardial Perfusion Imaging (MPI) with Dipyridamole (Persantine®)

What is a Cardiac Stress Test with MPI?

A Cardiac Stress Test with Myocardial Perfusion Imaging (MPI) is a non-invasive test to study the blood flow to your heart during stress and at rest. A Cardiac Stress Test with MPI is done to study the blood flow to your heart muscle through the coronary arteries. This test helps your doctor diagnose Coronary Artery Disease (CAD). Plan to stay at the Medical Center for four (4) hours to complete the test. The test is done in three (3) parts with breaks in between.

Note: If you are pregnant, breastfeeding, have asthma or chronic obstructive pulmonary disease (COPD), or are taking theophylline or caffeine-containing drugs, you must consult your doctor before the test.

How Do I Prepare for this Test?

- **Nothing to Eat or Drink for 6 Hours Prior to the Test:** Please note – you may have sips of water prior to the test.
- **No Caffeine-Containing Foods and Beverages for 24 Hours Prior to the Test:** For example, no coffee, tea, sodas containing caffeine, or chocolate for 24 hours before the test.
- **Come at least 15 - 20 minutes before your scheduled test to complete the registration process.**
- **Bring Your Requisition Form:** Your doctor will sign a requisition form for your cardiac stress test. Please bring this form with you to your scheduled appointment. We may not be able to perform your test without a written doctor's order.
- **About Your Medications:** Check with your doctor about stopping any routine medication(s) prior to the test.

How Do I Prepare for this Test? *(continued)*

- **For Women Having a Cardiac Stress Test with MPI:** Women should wear a loose-fitting shirt or blouse to the test. You will be asked to undress from the waist up for this procedure. A gown will be provided for your privacy and comfort.

Note: For women weighing over 200 pounds, or for men weighing over 250 pounds, pictures of your heart will be taken on two (2) separate days. You may schedule your second appointment on the day of your test.

What Can I Expect During a Cardiac Stress Test with MPI?

Part 1: Cardiology

- First, the technical staff places electrodes on your arms and chest, and a blood pressure cuff on your arm to monitor your heart rhythm and blood pressure.
- The Registered Nurse (RN) or Nuclear Medicine Technologist places an IV in your arm/hand for the test.
- Next, the RN or doctor infuses the medication Dipyridamole into your IV while monitoring your heart activity and blood pressure. Dipyridamole increases the blood flow to your heart by dilating (expanding) your blood vessels. This medication is similar to the effect of exercising.
- You may feel slight light-headedness or flushing after the infusion. On rare occasions, some patients may experience mild chest pain after the infusion. If you feel any of these symptoms, please report them to your nurse or doctor.
- Near the end of the test, the Nuclear Medicine Technologist injects a small amount of a radioactive material called a "tracer" into your vein. The tracer travels through your body and into the heart muscle where it is absorbed.
- The tracer will not be absorbed by the heart muscle if there is limited blood flow in the coronary arteries. The whole body radiation exposure from this test is very small, about 700 millirads, which is about the same as living in San Francisco for a 2-year period.
- About one minute later, the RN or doctor injects Aminophylline IV. This medication stops the action of Dipyridamole and reverses any symptoms you may feel.
- The staff continues to monitor your heart rhythm and blood pressure before this part of the test is completed.
- The staff will inform you when to go to Nuclear Medicine for the second part of the test.

What Can I Expect During a Cardiac Stress Test with MPI? *(continued)*

Part 2: Nuclear Medicine

- The staff positions you on an "imaging" table with both arms raised above your head. A camera will move around your body taking pictures of your heart.
- It is important to remain very still and to breathe normally.
- The session takes about 30 minutes.
- After your pictures are reviewed, the Nuclear Medicine Technologist may inject another tracer into your IV to obtain pictures of your heart at rest.

Part 3: Nuclear Medicine

- You will be asked to return to Nuclear Medicine 30-90 minutes later for additional pictures of your heart at rest.

After the Test

- You may resume your usual diet. Eating and drinking fluids is encouraged to help you clear the tracer.
- You may drive yourself home after the test.
- You may resume your normal activities (for example, you may return to work).
- The pictures will be reviewed by a doctor in Nuclear Medicine comparing the stress images with the resting images.
- The results of your test will be given to your doctor within 24-48 hours.

More Ways to Learn

Visit the American Heart Association Web site: www.americanheart.org.

Frequently Asked Questions

Question: How long will the test take?

Answer: A cardiac stress test is done in 3-parts over a four (4) hour period of time. There are breaks in between each part of the test.

Question: Can I drive home after a Cardiac Stress Test with MPI?

Answer: Yes, you may drive yourself home after this test.

Question: When can I return to work after a Cardiac Stress Test with MPI?

Answer: You may resume your normal activities after this test (for example, you may return to work).

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Note: This information is not meant to replace any information or personal medical advice which you get directly from your doctor(s). If you have any questions about this information, such as the risks or benefits of the treatment listed, please ask your doctor(s).