



### Why do I need this test?

This examination will give your doctor information about the blood flow to your heart muscle. The most common reasons for doing this exam are:

- To check for any major blockage of blood flow to the heart muscle.
- To help your doctor check your heart before any surgery you may need.

### What happens before the test?

- Do not eat or drink for 6 hours prior to your test, unless otherwise instructed by your doctor.
- You may take your medications with a sip of water, unless otherwise instructed by your doctor.
- If you are currently taking any heart medications, check with your doctor. He or she *may* ask you to stop certain medications



a day or two before the test, including beta blockers and calcium channel blockers. This can help you get more accurate test results.

- Stop taking Theophylline medication 2 days before your test. *Please review your medications with your provider.*
- **Do not eat or drink caffeinated or decaffeinated products for 24 hours prior to the test, including all coffee, soda, tea and chocolate.**
- **Do not take over-the-counter medications that contain caffeine for 24 hours prior to the test. Please check labels on these medications.**
- Wear comfortable clothes and shoes for exercise.
- Plan to be at the clinic for up to 4 hours.

### Upon arrival

- An intravenous (IV) line will be started and an isotope (a short-lived radioactive tracer) will be injected in a vein in your arm.
- The tracer is not an x-ray dye or contrast.
- The technologist will then take pictures of your heart. The pictures will show your heart's blood flow while at rest.
- You will be asked to sit in the waiting room for up to one hour to help the tracer distribution.

### Before the stress portion of the exam

- We will talk with you about the medications you are taking, any medication allergies and the reason you are having the exam.
- A consent form for the exam will be signed.

### What happens during the test?

- After the rest portion of your exam, you will be taken to a stress lab and placed on a heart monitor (EKG) and you will periodically have your blood pressure taken.
- You will be asked to begin walking on the treadmill.
- The doctor or nurse will check your heart rate, blood pressure and ask you how you are doing.
- At peak exercise, a second small amount of isotope (tracer) will be given through your IV.

### What happens after the test?

- We will continue to monitor your heart rate and blood pressure until it is back to your starting values.
- The IV will be taken out.
- A second set of pictures will be taken approximately 30-45 minutes after the stress portion of your exam.
- There are no restrictions or limitations after your test, unless otherwise instructed by your doctor.
- You may resume your usual diet, fluids, medications and activity.

