

**THORACIC and CARDIOVASCULAR INSTITUTE**  
**ADENOSINE NUCLEAR**

**Patient Name:**

Your doctor has scheduled you for a **One day / Two day** Pharmacological Myocardial Perfusion (MPI) rest/stress study using Adenosine. This test will help assess the supply of blood through your arteries and is an alternative to a treadmill test for patients who cannot exercise.

Resting scan will be on \_\_\_\_\_ at \_\_\_\_\_.

Stress test and scan will be on \_\_\_\_\_ at \_\_\_\_\_.

On the day of your resting images an intravenous line will be started in your arm. You may be asked to stand in front of a camera and a radioactive isotope will be injected into the intravenous line in your arm. Your heart will be imaged for 30 seconds. You will be able to leave and return approximately 30-45 minutes later to complete your resting images. At this time, you will be placed under our Gamma camera that is used to image heart tissue and wall motion of your heart chambers. The scans take about 15-20 minutes to complete.

On the day of your stress images you will receive an intravenous injection of Adenosine given through a vein in your arm. Adenosine dilates your blood vessels to simulate exercise. During the Adenosine infusion you will also receive an injection of a radioactive isotope which will allow us to take another set of images of your heart. There will be an approximate 30-45 minute wait before completing your stress images. During this break, you are encouraged to eat and drink.

**Preparing for test:**

- 1. NO CAFFEINE OR DECAFFEINATED PRODUCTS AFTER 8PM THE NIGHT BEFORE YOUR TEST.** Such products include pop, coffee, tea, chocolate, decaffeinated tea and decaffeinated coffee. You may have water, juice, milk to drink as needed.
- 2.** Take medications as prescribed unless otherwise directed by your physician.
- 3.** Do not eat for 3 hours prior to the test. This will help prevent the possibility of nausea which may accompany vigorous exercise.
- 4.** Wear loose comfortable clothing that is suitable for exercise including comfortable shoes.

**Approximate time test will take:**

*Two Day Study:* Day of resting images: 1-2 hours Day of stress images: 2 – 3 hours

*One Day Study:* Approximately 2 - 4 hours

**Locations:** *If you have any questions or are unable to keep this appointment, please call our office.*

**Lansing:** Telephone 517-492-8449

Greenlawn Professional Building, 405 W. Greenlawn, suite 400

Sparrow Professional Building, 1200 E. Michigan, Suite 580

**St. Johns:** 1505 Waterford Parkway - Telephone 517-483-7550

**Owosso:** 300 Health Park Drive \* Suite 301 - Telephone 989-723-3613

**Mt. Pleasant:** 1205 S. Mission Street \* Suite 4 - Telephone 989-773-2626