

THORACIC and CARDIOVASCULAR INSTITUTE

Myocardial Perfusion (MPI) TREADMILL NUCLEAR STUDY

Patient Name:

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

Your Resting scan will be on _____ at _____.

Your Stress test and scan will be on _____ at _____.

On the day of your resting images you will receive an intravenous injection of a radioactive isotope given through a vein in your arm and then you will be asked to come back in 30-45 minutes to be scanned. 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 an intravenous line will be started in your arm and you will be hooked up to an EKG monitor and walked on a treadmill. At peak exercise you will be positioned in front of a camera as you walk on the treadmill and the radioactive isotope is injected into the intravenous line in your arm. After your stress test you will be escorted to the nuclear lab for an additional set of myocardial perfusion images.

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: 1 – 2 hours

One Day Study: Approximately 2 - 3 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