

BEFORE YOUR HEART SCAN

Knowing what to expect can help you feel more relaxed during the procedure. Please be sure to read through this entire brochure to best prepare for the cardiac stress test.

No caffeine 24 hours prior to your test.

This includes tea, coffee (even decaffeinated), chocolate, soda, or energy drinks.



- When you schedule your test, be sure to mention all medications you are taking. Be sure to ask if you should stop any of them the day of the test (Beta blockers).
- Stop smoking before the test.
- **Do not eat 2-4 hours before start of the test.**
- Bring a light snack with you the day of the exam (your technologist will advise you when to eat).
- Clear liquids are okay. **No caffeine.**
- Wear something **comfortable** the day of the test, such as a two piece outfit with walking shoes for exercise.

Before - Report any of the following...

- There are any medications you are taking.
- You have arthritis, asthma, chronic lung disease, diabetes, or any knee or hip problems.
- You have had a stroke or have had a vascular disease of the leg.
- You are pregnant, think you might be, or nursing.

DURING YOUR HEART SCAN

The entire test will take approximately **2-3 hours**, and will be broken up into two parts: **rest** and **stress**. During both parts of the test, your heart will be scanned using a portable dual-head SPECT camera. The stress portion of your exam will be performed either pharmacologically with **medication** prescribed by your physician or through exercise on a **treadmill**.



During - Report any of the following...

If you feel any of the following symptoms, tell your doctor or technologist immediately:

- Chest, arm, or jaw discomfort
- Severe shortness of breath
- Dizziness or light-headedness
- Leg cramps or pain

START-TO-FINISH WALKTHROUGH

Upon arrival, an IV line will be started in your arm and an initial tracer (Cardiolite or Myoview) will be given.

30-45 minutes later you will have your **rest** scan; this will take about 10 minutes. In order to have the clearest images, **please remain as still as possible** once the technologist has started the scan.

Next is the stress portion of the exam which can be achieved **pharmacologically** or with **exercise**. If exercise, you will walk on a treadmill until you reach the desired heart rate. If pharmacological, your doctor will prescribe a medicine that enables blood to flow to your heart **as if you were exercising**.

During the stress portion of the exam, you will be attached to an EKG and a blood pressure monitor. A second tracer will be given through the IV line for the **stress** scan.

30-60 minutes later you will have your **stress** scan which will also take about 10 minutes. Again, **please remain as still as possible** once the technologist has started. Upon completion, you are finished with the procedure.

Be sure to ask the technologist about returning to your normal diet and routine. Most patients return to their normal routines immediately after the test.



WHAT IS A CARDIAC SPECT SCAN?

A nuclear cardiac SPECT scan (*Single Photon Emission Computerized Tomography*) is a 3D scan of your heart. A small, safe amount of a radioactive drug, called a tracer, is used to determine how well your arteries can carry adequate amounts of blood flow to your heart. The process of your heart filling with the tracer is called **perfusion**. Arteries that are blocked or closed can cause a lack of blood flow to the heart, which will appear as an absence of perfusion in the cardiac muscle. This indicates a problem or defect in your scan, which can be seen in the example illustration below.

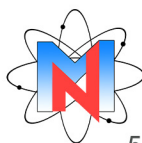
One scan is taken with your body in a *rest* condition and one in a *stress* condition. If your scan is abnormal or has a defect, these two scans will show your doctor whether there is the presence of either an **infarct** or **ischemia**.



YOUR TEST RESULTS

The scan information will be processed by the technologist and given to your own physician or an interpreting physician for review. A written medical report will then be generated.

Before you go home, be sure to make an appointment with your doctor's office for a follow-up visit to go over your results. For any questions or concerns, contact us at our office number listed below.

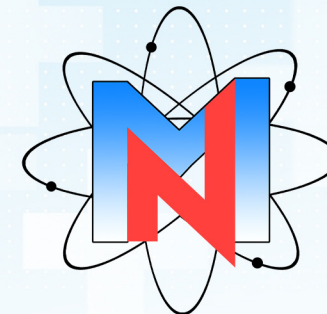


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