

Patient Instructions

Sestamibi / Myoview Stress Test Instructions

You are instructed to notify your health insurance company of Nuclear Stress Test that is going to be performed.

The following instructions are for patients who are scheduled for a Sestamibi / Myoview Stress Test.

Treadmill Procedure:

Once in the exam room an intravenous catheter will be started and you will be injected with radiotracer. You will be asked to wait for approximately 30-45 minutes. After the wait period you will be taken to the camera room for your first set of pictures. This scan will take about 10 to 15 minutes. You will be sitting in an upright position and the chair moving around the camera. You will then be prepared for an EKG and asked to walk on a treadmill. The treadmill moves slowly at first, and then the speed and incline increase gradually. Another dose of radioactive tracer will be injected at peak exercise. After approximately 20 to 30 minutes, you will return to the camera and have a second 10-minute scan performed. This entire procedure takes 3 to 4 hours.

Dipyridamole/Adenosine Procedure:

Once in the exam room an intravenous catheter will be started and you will be injected with a radioactive tracer. You will be asked to wait for approximately 30 to 45 minutes. After the wait period you will be taken to the camera room for your first set of pictures. This scan will take about 10 to 15 minutes. You will be positioned on your back and a camera will rotate around your heart. You will then be prepared for an EKG. Adenosine will be infused through the I. V. for 4 minutes. You may notice transient symptoms including flushing or nausea but these feelings will pass very shortly. Another dose of radiotracer will be injected during the Adenosine infusion. After approximately 1/2 hour, you will return to the camera and have a second 20-minute scan performed. This entire procedure takes 3 to 4 hours.

Patient Instructions:

- **ABSOLUTELY NO CAFFEINE** (this includes chocolate, decaf tea or coffee) 24 hours prior to and on the day of the test
- **DO NOT EAT 3 HOURS PRIOR TO YOUR APPOINTMENT**
- **DRINK PLENTY OF WATER THE DAY BEFORE YOUR TEST & DRINK 2 CUPS OF WATER PRIOR TO COMING TO COMING FOR YOUR APPOINTMENT**
- Avoid using any lotions or powders after showering on the day of the test

- Wear comfortable shoes (preferably tennis shoes) and a short sleeve T-shirt. Women please wear a 2-piece outfit
- Expect to be here for 3-4 hours. You may wish to bring reading material and snack with you

The medications listed below should not be taken the day before or the day of the test, unless otherwise advised by your physician:

Atenolol	Levatol (Phenbutolol HCL)
Beta Pace (Sotolol)	Lopressor (Metoprolol Tartrate)
Blocarden (Timolol Meleate)	Sectral (Acebutolol HCL)
Cartol (Carteolol HCL)	Tenormin/ Tenoretic
Corgard/Corzide (Nadolol)	Timolide (Timolol HCL)
Coreg (Carvedilol)	Toprol (Metoprolol)
Inderal/Inderide (Propranolol HCL)	Visken (Pindolol)
Kerlone (Betaxolol HCL)	Zebeta (Biscoprolol Fumarate)
Cabetolol	Ziac (Bisoprolol Fumarate HCL)

The following medications should not be taken on the day of the test, unless otherwise advised by your physician.

Calan (Verapamil HCL)	Cardiazem (Diltiazem)
Dilator (Diltiazem)	Isoptin (Verapamil HCL)
Veralan (Verapamil)	

All medications listed should be continued, as prescribed, after testing. All other medications are ok to take the day of testing. Please feel free to contact our office with any questions.

****Please Note: We require 24-Hours notice to cancel a nuclear stress test. Failure to provide 24-hours notice will result in the patient being invoiced/charged for the cost of the nuclear isotopes purchased by the office for their test.****

Patient Signature: _____ Date: _____