

## Myocardial Perfusion - exercise

Department of the test: Nuclear Medicine (NM)

Purpose of the test: To evaluate the blood flow to your heart.

Notes before the test:

1. You will receive some radiation in this test.
2. Please dress simply and wear sports shoes.

Preparation before the test:

1. Nothing to eat or drink for 4-6 hours.
2. No caffeine products (coffee, tea, cola), nitrates, beta-blockers, and calcium channel blockers for 24 hours.
3. No aminophylline and dipyridamole for 12 hours.

On the day of the test:

1. Please check in first at NM service counter.
2. Exercise stress scan:
  - a. After setting an intravenous (IV) access at your hand, NM physician will ask you a few questions and bring you to the examination room in CV department.
  - b. Please follow the orders of the technologist and walk/run on the treadmill with a continuing monitor for your heart rate and blood pressure.
  - c. Please inform the physician and technologist if you feel uncomfortable or you can't tolerate it.
  - d. NM physician will give a bolus of radioactive tracer through IV line at maximal exercise, and after stopping exercise, a rest is needed until heart rate return to baseline.
  - e. Pictures will be taken for 15 minutes by NM technologists.
3. Rest scan: You will be given a 3-hour break and asked to return for pictures.
4. Please don't move during these pictures.

Total duration of the test: About 5 hours with a 3-hour break.

Adverse drug effect of the test: Very rare. Some have

dizziness, angina and arrhythmia attack during exercise.