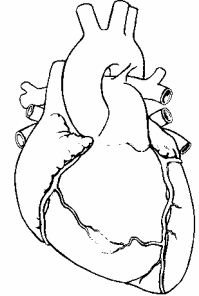


STRESS HEART SCAN

Patient Education

What is the purpose of this test?

A heart scan is a special procedure that is used to evaluate how well blood is being supplied to your heart muscle and shows the movement of the walls in the chambers of your heart. A small amount of radioactive isotopes that temporarily attach to cells in the blood will be injected into a vein in your arm. As this "tracer" circulates through the heart, a special camera sensitive to the tracer is rotated around your body, taking images of the heart from many angles. The images are seen on a computer scanner and recorded for study. Areas being supplied with blood will be highlighted because of the radioisotope. This information can help you doctor make decisions regarding your treatment.



How should I prepare for this test?

- **Do not eat or drink** any food or beverage containing caffeine such as colas, coffee, tea or chocolate or take any medications containing caffeine for 72 hours prior to the test.
- **Do not eat or drink** anything for eight hours before the test.
- Diabetic patients on insulin should check with your doctor regarding how to take it on the morning of your test.
- **Please check with your doctor** to see if you should reduce or withhold any of your routine medications. Beta blocker medications (Inderal, Corgard, Tenormin, Lopressor, Atenolol, Levatol) should be withheld at minimum 24 hours prior to the test and any theophylline preparations (Theo-dur, Theo-24, Slo-phyllin, Theo-lair, Theo-vent, Slobid) should not be taken for 72 hours prior to the test.

How is the test performed?

When you arrive, we will take a review of your history and past exams. A small IV will be started and you will receive a small dose of radioactivity. This will allow us to see how well your heart is getting blood supply while you are resting in the chair. Approximately 30 minutes after injection, you will be scanned. During the scan you will need to lie still on a narrow bed with your arms over your head for 20 minutes.

If a treadmill test is performed:

You will go to the Nuclear Medicine Department where several electrodes will be applied to your chest with adhesive pads and an intravenous needle will be inserted into your arm so that a small amount of a radioactive tracer can be injected during the test. With your doctor present to monitor your blood pressure, heart rate and heart activity, you will be asked to walk on a treadmill until your heart is working at its maximum level.

If a treadmill test is not performed:

If you are not able to exercise on the treadmill, you will be given a drug (Adenosine or Dobutamine) that will give your heart some of the effects of strenuous exercise.

After the stress portion of the test, you will need to be scanned again to evaluate the blood flow to your heart muscle under stress conditions. During the scan you will be connected to electrodes to allow us to evaluate the heart muscle movement during the scan. You will need to lie on our narrow bed again for approximately 20 minutes.

STRESS HEART SCAN

Patient Education

How long does the test take?

For any of these scans, you will need to be in the Nuclear Medicine Department for three to four hours. Note: Depending on the results of the test, an additional scan may need to be performed the following day. You will be told if you need to return in 24 hours. You will again be instructed on diet on the evening before the scan.

What about radiation?

Only a small amount of radiation is used in this procedure. The dose for each patient is carefully selected to give the least possible exposure while still allowing for an accurate exam. The radiologists and technologists are trained in radiation safety. CAUTION: This test should not be done during pregnancy or breast feeding.

After the test...

Your heart scan will be analyzed by a cardiologist who specializes in interpreting this kind of test. He will report the findings to your doctor, who will then discuss the results with you and explain any treatment you may require. The radioactive drug you received will remain in your system for two days. Unless your doctor gives you special instructions, you may resume your previous diet, medications, and activities.

CONTACT YOUR PHYSICIAN FOR FURTHER QUESTIONS