

Cardiovascular Medicine P.C.
MYOCARDIAL PERFUSION STRESS TEST
Patient Preparation Instructions

_____ Davenport Diagnostic Center
2nd Floor, Genesis Heart Institute
1236 East Rusholme
Davenport IA 52803
563-324-2992

_____ Moline Diagnostic Center
1st Floor, CVM Heart Center
350 John Deere Road
Moline, IL 61625
309-743-6700

This test is performed to provide information about the blood flow to your heart. It will help your doctor determine if there are significant blockages in the vessels that supply blood to your heart and if there has been damage to your heart. The test is performed in two parts. A rest test is performed first. The rest test is followed by a stress test. You will be walking on a treadmill for the stress portion of your test. For each part of the test you will receive an injection of a small amount of radioactive medicine. The radioactive medicine travels through the blood vessels and allows a camera to take pictures of your heart.

If you need to reschedule your test please call 24 hours in advance.

Failure to follow these instructions may require the test to be rescheduled.
Please read this carefully!

DATE: _____

TIME: _____

INSTRUCTIONS:

1. Do not eat, drink, or smoke for **4 hours** prior to your test. If you are diabetic please ask your doctor about fasting and taking your diabetic medications.
2. Do not consume any caffeine for **12 hours** prior to your test.
3. Please see the list below regarding medications to be held for this test.
4. You should take your other medications before and after the test unless instructed otherwise.
5. Bring a list of all your medications or your medication bottles.
6. You will be walking on a treadmill so wear comfortable two piece clothing and walking shoes.
7. Please allow about 4 hours for this test.

Your doctor may ask you to hold the following medications for the indicated number of doses prior to your test: # _____ Doses

_____ acebutolol (Sectral)
_____ atenolol (Tenormin)
_____ atenolol/chlorthalidone (Tenoretic)
_____ betaxolol (Kerlone)
_____ bisoprolol (Zebeta)
_____ bisoprolol/HCTZ (Ziac)
_____ carvedilol (Coreg)
_____ digoxin (Lanoxin)
_____ diltiazem (Cardizem, Tiazac)

_____ labetalol (Normodyne)
_____ metoprolol (Toprol, Lopressor)
_____ nadolol (Corgard)
_____ pindolol (Visken)
_____ propranolol (Inderal)
_____ propranolol/HCTZ (Inderide)
_____ sotalol (Betapace)
_____ timolol (Blocadren)
_____ verapamil (Calan, Isoptin, etc)
_____ Other _____