



UT★PHYSICIANS

**Non-Invasive Cardiovascular Laboratory**

[www.utcardiovascular.com](http://www.utcardiovascular.com)



**UTP- Medical Center**  
6410 Fannin, Suite 600  
Houston, TX 77030  
832-325-7099

**UTP- Bellaire**  
6700 West Loop South, Suite 540  
Bellaire, TX 77401  
713-486-5175

**Patient Handout**  
***Treadmill Stress Myocardial Perfusion Study***

Exam Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m. / p.m.

We ask that you read through this document to ensure that you will have the most successful visit possible. Please arrive about 15 minutes prior to your scheduled appointment time to fill out any necessary paperwork. We thank you for your assistance!

**Please allow yourself about 3-4 hrs for the nuclear stress testing.**

**Parking:**

UTP-Fannin: Please park next door in the UTP Parking Garage at 6414 Fannin. We will provide you with a voucher after your test so your parking will be free. When you arrive on the 6<sup>th</sup> floor, do not check in at the main desk. Please proceed to the right side of the unit once you see the main desk and around the corner to the Non-Invasive Area check-in window.

UTP-Bellaire: Please park in any of the free parking located west of the 610 Freeway and just behind the building as it faces 610. We are located on the 5<sup>th</sup> floor, Suite 540.

The most important points of this document are summarized:

- 1. No Caffeine:** Absolutely no coffee, sodas, tea, or chocolate, or smoking for 12 hrs before the test.
- 2. Nothing to Eat or Drink** after midnight the night before your exam, except for sips of water to take with medications.
- 3. Wear comfortable clothing** with no metal buttons or zippers on your shirt and wear walking shoes.

This test is a two-part imaging procedure which uses a radioactive material (technetium or thallium), a treadmill exercise machine, and a camera connected to a computer to produce pictures of the blood flow to the heart muscle. The scan will tell us if there are areas of the heart muscle that do not receive enough blood either at rest or during stress.

**ALL CANCELLATIONS must be made 24 hrs in advance.**  
**Please call 832-325-7099 for all cancellations and appointment times.**

### Before your Stress Nuclear Test:

- Please discuss any questions or concerns you have with your physician.
- It is important that you do not eat or drink anything after midnight the night before the exam.
- However, please take any scheduled medications with sips of water, as instructed by your physician.
- It is important that you do not eat or drink any caffeinated or decaffeinated products for 12 hours before the exam. Examples of **Unacceptable Products** include: **coffee, chocolate items, tea, all decaffeinated items, or medications containing caffeine – such as Excedrin, diet pills etc.** Example of acceptable drinks include: water, juice, and white milk.
- If you are diabetic, please talk with your doctor about any insulin dose changes that may be needed due to food restriction on the day of the exam.
- Allow extra time for checking in.
- Wear clothing and shoes that are comfortable for exercising. It would be advisable to wear a two piece outfit for the test. You will be asked to remove clothing and jewelry from the waist up. You may be given a short hospital gown.
- You will be asked about your medical history including medications that you are taking. Please mention if you are on a beta-blocker. Mention any herbs or supplements that you are taking.
- Your exam will be explained to you and any questions or concerns will be addressed. You will then be asked to sign a consent form.
- A small intravenous catheter (IV) will be placed in your arm vein for the injections.
- You may want to bring something to read or work on to help pass the time.

### During the Resting Nuclear Scan Study:

- To start your exam, you will receive an injection of the radioactive material into a vein in your arm to obtain a resting study of your heart.
- Pictures of your heart are taken 45-90 minutes after that injection.
- You will lie on a table and pictures of your heart will be taken with a large camera and computer. Pictures will usually take 15 minutes to complete.



### During your Treadmill Stress Test:

- Your chest will be scrubbed for better contact of the EKG patches and wires. You will then be hooked up to an EKG machine.
- You will begin exercising on the treadmill.
- During exercise, your heart rhythm will be monitored continuously.
- Your blood pressure will be checked every 2-3 minutes.
- The treadmill will become more difficult every 3 minutes (steeper and faster).
- The exercise test will continue until you become very tired and feel that you cannot exercise further. The longer you continue to exercise, the more information we can get from the test. You are therefore encouraged to continue exercising as long as you can. However, the physician



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and/or exercise technologist monitoring the test may stop you earlier if he/she detects anything to suggest that there may be a danger to you by continuing the exercise stress test.

- Once you reach your target heart rate (which is 85% of your age adjusted maximum heart rate) during exercise, the radioactive material will be injected into your IV. Exercise may be stopped 1 minute following this injection.
- The treadmill will slow down and you will have a cool-down phase.
- You will then be asked to sit down and rest until your heart rate and blood pressure return to normal.

#### **During the Stress Nuclear Scan Study:**

- About 15-60 minutes after the second radioactive material is injected, you will again lie on a table and pictures of your heart will be taken with a large camera and computer. Pictures will usually take 15 minutes to complete.

#### **After Your Stress Nuclear Test:**

- Return to normal activity unless your healthcare provider tells you otherwise.
- Be sure to keep your follow-up appointments.

#### **Your Test Results:**

- The results of your stress nuclear test will be sent to your physician. Your physician will discuss your test results with you during a future office visit. The test results help your physician plan your treatment and any other tests that are needed.

#### **CONSIDERATIONS:**

Please notify the Nuclear Cardiology staff and your doctor if you are pregnant or breastfeeding. Pregnant women should not undergo this test.

It is very important that you hold very still for **15 minutes** with your arms above your head during the exam. If you feel this may be a problem, please tell the Nuclear Cardiology staff.

If you are claustrophobic, please inform the Nuclear Cardiology staff as soon as possible before your exam.

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