

Myocardial Perfusion Scan

A myocardial perfusion scan is a test that helps your doctor see if you have coronary artery disease. Coronary artery disease is a narrowing of the blood vessels that supply oxygen to the heart muscle. If the heart muscle does not get enough oxygen, it can cause chest pain, also known as "angina."

Test Preparation

- *NOTHING TO EAT OR DRINK* for 4 hours prior to the procedure. (If you are diabetic and fasting is a problem, please call nuclear medicine at 519-749-6495 to discuss).
- *NO CAFFEINE* for 24 hours before the procedure (Includes coffee, tea, decaffeinated products, soft drinks, chocolate, Tylenol, Anacin, Excedrin, Acetaminophen, migraine medications, cough medications).
- *NO AGGRENOX* for 24 hours before the procedure.
- *NO VIAGRA* for 4 days before the procedure.
- Wear comfortable clothing and soft-soled shoes.

Follow your doctor's instructions regarding medication. You may be asked to decrease or stop certain medicines for this test. You should resume your regular medicines after completion of the test. Please bring a complete listing of all your medicines with you.

If you are diabetic and take insulin, please consult the doctor who manages your insulin for advice about doses before and after this test. Please bring your insulin and syringes to the hospital so you can take the dose recommended by your doctor.

On the stress test day, please wear comfortable clothes that break at the waist (a shirt or a blouse) and flat walking shoes or sneakers. Electrodes will be placed on your chest so that your heart can be monitored during exercise. Women must remove their bras for the procedure. For patients who are unable to walk on the treadmill, a drug-induced stress test may be recommended using Persantine or Dobutamine.

Exam Procedure

During the test, radioactive tracers are used to take pictures of the heart. These tracers are injected into your bloodstream and travel to the heart muscle through the coronary arteries. The pictures we take of your heart will help your doctor decide if you have coronary artery disease.

- Pictures of your heart following stress test.
 - Pictures of your heart during rest (rest pictures may take place before or after the stress portion).
 - The two sets of pictures need to take place within a week of each other.
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