

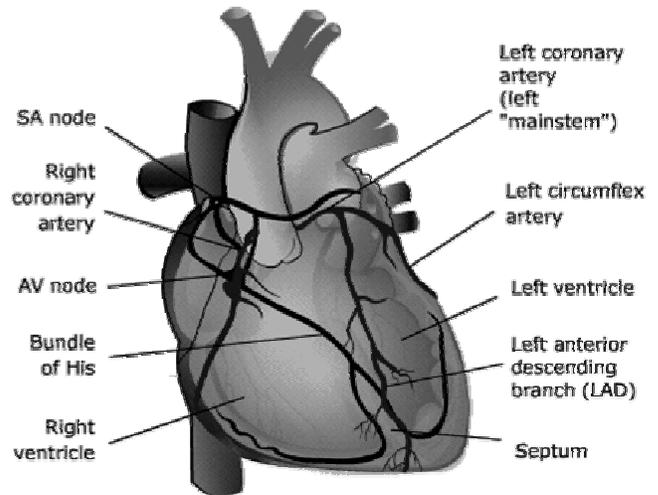
## Myocardial Perfusion Imaging Information Sheet

### Myo-what?

Myocardial perfusion. We are looking at how blood is flowing to (or perfusing) the myocardium, the muscular layer of your heart. This test is sometimes called a “Nuclear Medicine Stress Test”, a “Thallium Stress Test”, or a “Cardiolite Stress Test”.

### How does this work?

We inject you with a small amount of a radioactive tracer that is taken up by the heart muscle. This tracer will not make you feel any different. The tracer is carried by the blood to the heart muscle in proportion to the blood flow. Once in the heart, the tracer stays there. Later you will receive a second injection of the tracer during the “stress” portion of the test. Areas of your heart that may have been affected by a blocked blood vessel will not get as much of the tracer. By using special detectors that can see the tracer, we can find areas of blockage by comparing the stress and rest images of your heart. We will also track your heartbeat with your second set of pictures. That will allow us to also see how well your heart is pumping.



### Why do I have to wait so long?

The tracer we use also goes to other structures close to the heart, and can get in the way of our pictures. The tracer leaves those structures after about one hour, and we can take a picture then. The cold water you're drinking helps that process along.

### When can I have something (other than water) to eat or drink?

After you have completed the stress portion of the test in Cardiology. Eating or drinking before then can interfere with the test. If you are diabetic, please let us know so that we can work with you.



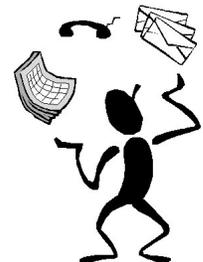
### Who will be performing and reading my study?

A nuclear medicine technologist will be performing the study. They are licensed and registered to prepare and administer the radiopharmaceuticals, operate the cameras and probes, measure results and analyze computer information, but they are **not** licensed to interpret studies. A board-certified radiologist, trained to look at nuclear medicine studies, will interpret the study and send a report to your doctor.

### Why don't I get the results now?

Your doctor gives you the results because they are familiar with your history, medications, and other exams you may have had performed. This means they can use all the information available to help in your diagnosis. However you normally get results from your doctor (a phone call, by mail, or with a follow-up appointment) will be how you get these results.

If you have any other questions, please feel free to ask any technologist during your study.



# What are all the steps of a Myocardial Perfusion Study?



1. Check in at Outpatient Registration
2. Check in at Medical Imaging

3. Have a IV started in your hand or arm vein
4. Receive the first dose of the tracer



5. Wait about one hour and drink a glass of cold water
6. Get the first set of pictures taken (they take about 15 minutes).
7. Get your appointment time for the 2<sup>nd</sup> set of pictures

8. One of us will take you to Cardiology
9. Do the “stress test” portion of the study and have the second dose of tracer injected.



10. Have a break – and get yourself something to eat
11. Return to the main medical imaging waiting room at the scheduled time (from step #7).

12. Get your second set of pictures taken
13. Go home!



14. Our doctors will read the study and send a report to your doctor.
15. Your doctor will have the results in 3-5 working days. You need to get the results from your doctor.