

GETTING READY FOR YOUR HEART IMAGING TEST

Johnstown Heart and Vascular
Center

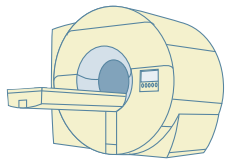
(814) 619-4587

WE'LL BE TESTING YOUR HEART

The test is called nuclear myocardial perfusion imaging (MPI). It's a very common test for coronary artery disease (CAD). It can help physicians see if there's a problem with the blood flow to your heart without doing any surgery.



WHAT IS MPI, EXACTLY?

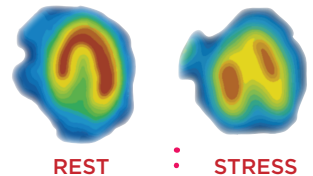


Nuclear myocardial perfusion imaging is a picture of the blood flow through your heart muscle. A liquid called a tracer, which contains a tiny amount of radiation, is injected into your bloodstream. The tracer makes its way through your veins into your heart. Then a special camera creates computer-generated pictures of the tracer uptake by the heart.



Using the pictures, your doctors will be able to see which areas of your heart are not receiving enough blood, which tells them which coronary arteries may be clogged.

Usually, the best way to detect these clogs is by looking at two images of your heart side by side: one taken while you are at rest, and one taken after you have been exercising. If you are not able to exercise, your doctor may prescribe a "stress" medication in its place. The stress medication will be injected in the same place as the tracer. Here is what the images look like:



Your doctors will help explain to you what your heart images mean.





HEART IMAGING TEST CHECKLIST

Check off each item as you prepare for your test.

- ☐ Ask your doctor if you should STOP TAKING any medications you usually take—before the day of the test.
- ☐ Ask your physician for special instructions if you are a diabetic on insulin or oral hypoglycemic medications.
- ☐ Do not eat or drink anything for 3 to 6 hours prior to the test.
- ☐ Do not consume products containing methylxanthines, ie, caffeine and theophylline, for at least 12 hours before the test. Certain ingredients in foods and medications may interfere with the test. See the list of products to avoid on the right side of this page.
- ☐ Do not take drugs containing dipyridamole, such as Aggrenox® or Persantine® within 2 days of your test.
- ☐ Wear comfortable clothes and shoes appropriate for possible exercise on a treadmill.
- ☐ Do not apply any creams, lotions, or powder to your upper body on the day of your test.
- ☐ Inform your physician if you have a history of wheezing, asthma, or chronic lung disease.
- ☐ **REMEMBER TO KEEP STILL—if you move too much, you may ruin the picture.**

PRODUCTS TO AVOID BEFORE YOUR TEST

This is only a partial list. Ask your pharmacist or physician to be sure which additional products you should avoid before your test.

Food and drinks containing caffeine:

chocolate and cocoa; coffee and tea (including decaffeinated); regular and “caffeine-free” colas or soft drinks; diet supplements, including energy bars, energy drinks, and products containing guarana

Prescription drugs containing caffeine:

Cafergot®, Esgic®, Fioricet®, Fiorinal®, Norgesic®, Norgesic® Forte, Synalgos®-DC

OTC drugs containing caffeine: Anacin®, Excedrin®, Vivarin®, NoDoz®

Common drugs containing theophylline:

Elixophylline®, Theo-24®, Theolair®

None of the above is a registered trademark of Astellas Pharma US, Inc.

EXAM APPOINTMENT REMINDER

Date: _____ Time: _____

Address: _____

Physician: _____

Special Instructions: _____

Phone: _____

E-mail: _____