

## ***How does the test work?***

**Day 1**—First you get the injection of the radioactive tracer, then you must eat a fatty meal. When you return 1.5 - 3 hours later you must lay still on a narrow table for 20 minutes as the scanner (Gamma Camera) turns around your chest.

**Day 2**—On this day the IV (heplock) is inserted. The radioactive tracer, Persantine, will be injected then you are required to eat a fatty meal. Return 1.5-3 hours later and lay still on a narrow table again for 20 minutes as the scanner turns around your chest. Now your tests are complete.

## ***Further questions?***

Call Nuclear Medicine at 256-5517  
Hours are 8:00 am—4:00 pm  
Monday to Friday



*Healthy people, healthy communities...*

***Cardiac Care Program***

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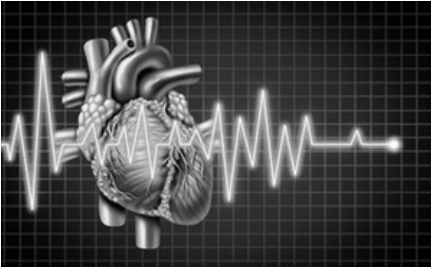


## ***PERSANTINE MYOCARDIAL HEART SCAN***



# Persantine Myocardial Heart Scan

## Nuclear Medicine/EKG



### **What is a Persantine Myocardial Heart Scan (Stress Test)?**

A myocardial scan is a scan of the heart that shows if enough blood is getting through the coronary arteries to the heart muscle. It is done by injecting a small amount of radioactive tracer into the bloodstream, at rest and at stress (through exercise).

If a physician feels that you are not physically able to have an optimal treadmill test, an injection called Persantine (Dipyridamole) will be given to you to simulate exercise.

A small IV called a heplock is inserted for the second part of the exam. The heplock is used so there is only one needle for multiple injections.

### **How long does it take?**

The test is performed on two separate days and takes about total three to four hours each day. The various parts of the test need to take place at specific times. You will be given these times once you arrive for the test.

### **How do I prepare?**

**ABSOLUTELY NO CAFFEINE for 24 hours prior to your second appointment!** This includes coffee, tea, colas and chocolate, as well as decaffeinated or caffeine-free coffee, tea and colas. *Follow the included list of things to avoid.*

**Any medications containing Theophylline or caffeine must be stopped 48 hours before the second part of the test.** They do not affect the first part. These medications include certain asthma medications, over-the-counter medications and other prescription drugs. Check your medications with your physician or pharmacist and discontinue any that contain Theophylline or caffeine (a list is of some

common medications that need to be discontinued is included).

**Continue to take all other medications** as you normally would and bring them with you to your appointment.

You must start fasting before midnight the night before both parts of your test. Be prepared to leave the hospital in order to obtain a high fat meal for each part of the exam.

### **Are there any reactions?**

The injection (radioactive tracer) has no reactions or side-effects. You may experience some short-term side effects with the Persantine injection that may prevent you from obtaining your fatty meal as quickly as required. It is recommended that you have someone accompany you that can help you, as you may not feel like driving.