



# ***Treadmill (Exercise) Myocardial Heart Scan***

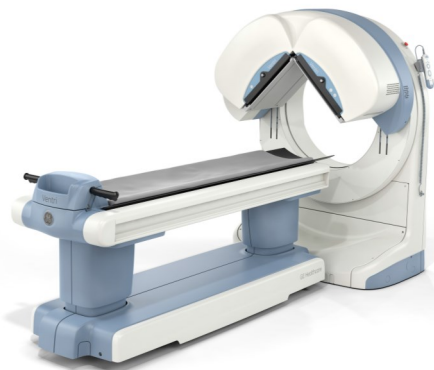
## ***Nuclear Medicine/EKG***

### ***What is a Treadmill Myocardial Heart Scan?***

A myocardial scan is a scan of the heart that shows if enough blood is getting through the coronary arteries to the heart muscle.

The scan is done by injecting a small amount of radioactive tracer into the bloodstream: both at rest and again at stress while exercising on the treadmill.

A small IV called a heplock is inserted for the second part of the exam. This way there is only one needle for the injections.



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

The test is performed on two separate days and takes about 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?***

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

You must fast from midnight the night before both parts of your test. Be prepared to leave the hospital to obtain (or bring) a high fat meal for each part of the exam.

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

The injection, radioactive tracer, has no reactions or side-effects.

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

Day 1—First you will get the injection of the radioactive tracer, then you must eat a high fat meal. When you return 1.5 - 3 hours later you will 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) will be inserted. Next the exercise stress test will be performed. The radioactive tracer will be injected while you are walking on the treadmill. Once this is complete you are then required to eat another fatty meal. Return 1.5 - 3 hours later and lay still again on a narrow table 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