



MPI STRESS TEST PATIENT PREPARATION

This test is done to assess areas of the heart muscle that have been damaged or are not receiving adequate blood supply during exercise.

Plan on arriving 10 minutes before your scheduled time. Upon arrival, a small catheter (IV) will be inserted into a vein in your arm. A small amount of radioactivity will be injected into the IV, and you will be asked to wait 25 to 60 minutes while the injection circulates to the heart muscle. A set of pictures will then be taken of your heart. You will then have EKG leads placed on your chest along with wires before going on a treadmill. Blood pressures will be taken and the treadmill may increase in speed and incline. A second injection of a radioactive tracer will be given while you walk on the treadmill. You will be given a snack, and asked to wait 15 minutes to 1 hour and a half after the treadmill. A second set of pictures will then be taken.

Your ordering physician will receive the results within 2 days. **The entire test takes about 2.5 to 3 hours.** If you are unable to walk, a medication will be injected into your VI instead of walking on a treadmill.

Preparation:

1. **Please wear loose comfortable clothing suitable for exercise including your shoes. Sleeves must be loose for starting the IV.** Do not wear an underwire bra, if possible.
2. **No caffeine (coffee, tea, chocolate, soda) for 24 hours prior to your test.**
3. Please do not eat 4 hours prior to your test. *You may drink some water. If you are diabetic or hypoglycemic, you may have a small amount of juice if you feel your blood sugar is too low.*
4. **Take all medications, as usual, except no Beta Blockers (see attached list on page 2) for 24 hours prior to the test.**
5. Please bring a list of your medications with you.
6. If there is a chance you are pregnant, please notify your physician or the technologist prior to beginning your test. If you are breastfeeding, you will be unable to breastfeed for 24 hours after your exam.
7. If you have a cough or tend to cough, please bring cough drops to help prevent coughing during your pictures.

Your test is scheduled for Date: _____ Time: _____

Cancellations less than 24 hours prior to or 'no shows', are subject to a \$200 charge which is the responsibility of the patient

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No Beta Blockers for 24 hours prior to the test

BETA-ADRENARGIC BLOCKING AGENTS:

ACEBUTOLOL (SECTRAL)
ATENOLOL (TENORMIN)
BETAXOLOL (KERLONE)
BISOPROPOLOL (ZEBETA)
ESMOLOL (BREVIBLOC)
METOPROLOL (LOPRESSOR; LOPRESSOR XL; TOPROL XL)
CARTEOLOL (CARTROL)
NADOLOL (CORCARD)
PENBUTOLOL (LEVATOL)
PINDOLOL (VISKEN)
PROPANOLOL (INDERAL)
SOTALOL (BETAPACE)
TIMOLOL (BLOCARDEN)
NEBIVOLOL (BYSTOLIC)

ALPHA-BETA BLOCKING AGENTS:

LABETALOL (TRANDATE/ NORMODYNE)
CARVEDILOL (COREG)