

## IS THERE ANY RISK FROM THE RADIATION?

The imaging tracer administered during this exam contains a small amount of radiation, comparable to that from an X-ray or CAT (CT) scan. If you are pregnant, suspect you may be, or are a nursing mother, discuss this with your doctor before undergoing the procedure.

Note: If you go to certain public places like airports, you may set off radiation detectors that are in place for security purposes. The amount of your radiation poses no danger to the public and is allowed by the medical use regulations of the Nuclear Regulatory Commission (NRC). Please contact us if you have any concerns.

All patients should understand that no diagnostic exam is 100 percent accurate. The nuclear imaging exam has a very high correlation to future catheterization results and is used as a less invasive alternative for our patients. Please ask your technologist if you have any questions about your nuclear imaging exam.

## ACCREDITATION

All eligible Iowa Heart Center nuclear cardiology laboratories are accredited by the Intersocietal Commission for the Accreditation of Nuclear Medicine Laboratories. The Center's facilities are among the first in North America to receive this prestigious designation.

Participation in the accreditation process is voluntary. Accreditation signifies that Iowa Heart Center's laboratories have been reviewed by an independent agency that recognizes their commitment to quality testing for the diagnosis of cardiovascular disease.



## IOWA HEART CENTER NUCLEAR TESTING

### DES MOINES

1215 Pleasant Street  
Suite 414  
(515) 241-8033  
(888) 591-9249

411 Laurel Street  
Suite 1250  
(515) 235-5000  
(800) 670-9428

### WEST DES MOINES

5880 University Avenue  
(515) 633-3600  
(877) 914-3600

### OTTUMWA

1005 Pennsylvania Ave.  
Suite 207  
(641) 682-5349

### AMES

1816 Philadelphia  
(515) 232-2500  
(866) 232-2500

### CARROLL

405 S Clark Street  
Suite 205  
(712) 792-6500  
(877) 712-6500

### FORT DODGE

800 Kenyon Road  
(515) 574-6840  
(800) 515-6279

### COUNCIL BLUFFS

One Edmundson Place  
Suite 306  
(712) 396-7787  
(800) 561-9498

### MARSHALLTOWN

312 East Main  
Suite 2100  
(641) 754-5999  
(866) 754-5999

## THE BEST FOR CARDIOVASCULAR CARE.



**IOWAHEARTCENTER**

THE LEADER IN CARDIOVASCULAR CARE

APPOINTMENT DATE:

APPOINTMENT TIME:

If you are unable to make your appointment, you must call 24 hours in advance or you may be charged for the doses already ordered for you.

**IOWAHEART.COM**

(literature code and date information)

## Myocardial Perfusion Imaging

What is it? How do I prepare?  
What will happen to me?



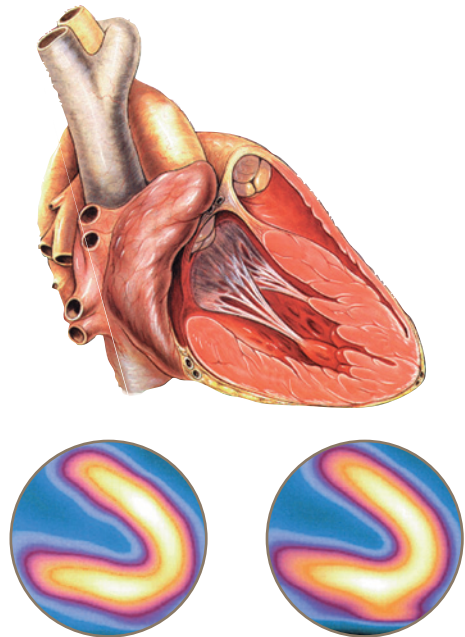
**IOWAHEARTCENTER**

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## WHAT IS MYOCARDIAL PERFUSION IMAGING?

MYOCARDIAL PERFUSION IMAGING LETS YOUR DOCTOR LOOK AT THE FLOW OF BLOOD TO THE HEART MUSCLE. THE TEST USES A SMALL AMOUNT OF RADIOACTIVE MATERIAL TO ASSESS BLOOD FLOW AND THE FUNCTION OF YOUR HEART. Questions that can be answered from this procedure include:

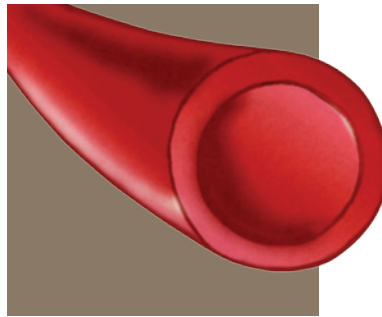
1. Is your heart receiving enough blood?
2. Do you have coronary artery disease?
3. Is further testing necessary?



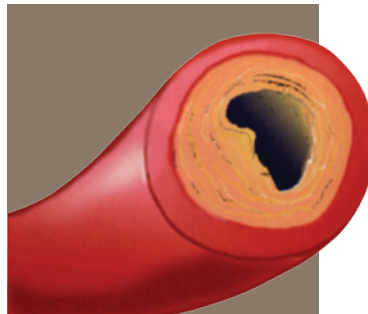
## WHAT IS CORONARY ARTERY DISEASE?

Coronary artery disease is the narrowing (stenosis) of the arteries that serve the heart. The narrowing is frequently caused by a build-up of fatty deposits (plaque) on the inside of the artery. Narrowed arteries reduce blood flow, which reduces the amount of oxygen and other nutrients the heart receives. Without proper nutrients, the health of the heart suffers. An unhealthy heart cannot pump efficiently, which may lead to chest pain.

NORMAL ARTERY



NARROWED ARTERY



## WHAT HAPPENS DURING THE TEST?

**This test will be 3-4 hours.**

1. An IV line will be placed in your hand or arm.
2. An injection of imaging tracer will be given while you are at rest.
3. Following a short wait, a special camera will take pictures of your heart. This will last about 15 minutes.
4. Several small pads called electrodes will be placed on your chest. The pads are connected to an electrocardio-graph (ECG) to monitor your heart rhythm.
5. You may walk on the treadmill or be infused with a drug that exercises your heart as if you were on the treadmill, depending on what your doctor has ordered for you. You will be asked to walk on a treadmill until you achieve an acceptable heart rate. Even if you receive a drug to stress your heart, it may still be necessary to exercise minimally.
6. An injection of imaging tracer will be given through your IV while your heart is at stress.
7. Following a short wait, the technologist will scan your heart again. This scan will last about 15 minutes.
8. You will NOT need someone to drive you home.



**YOU MUST FOLLOW THESE INSTRUCTIONS**

## HOW DO YOU PREPARE?

**You WILL be rescheduled if instructions regarding medications and caffeine are not followed correctly.**

### Food/Drink:

1. **NO CAFFEINE FOR 12 HOURS BEFORE YOUR TEST!!** NO coffee or tea, NO decaf coffee, NO decaf tea, NO chocolate, NO sodas, NO Excedrin!!
2. **DO NOT EAT A MEAL WITHIN 4 HOURS BEFORE THIS TEST**  
You may drink as much water as you like. Small amounts of juice (orange, apple, cranberry, grape) and a few crackers or a piece of toast are also okay.

### Medications:

3. **HOLD BETA BLOCKERS NIGHT BEFORE AND THE DAY OF THE TEST.**
4. **HOLD CALCIUM CHANNEL BLOCKERS NIGHT BEFORE AND DAY OF THE TEST.**
5. **HOLD NITRATES FOR 6 HOURS.**
6. **HOLD ERECTILE DYSFUNCTION MEDICATIONS 2 DAYS BEFORE AND DAY OF THE TEST.**

\*\*Do not hold medications if they are not listed on this form or have not been told to you by our staff. Betapace (sotalol) and Coreg (carvedilol) should only be held per physician discretion.

### Miscellaneous:

7. Bring a current list of your medications and your inhalers with you.
8. Wear comfortable shoes and two-piece clothing. Do not wear items containing metal (snaps, under-wire bras) or you will be asked to remove them.