



PATIENT INSTRUCTIONS

Exercise MPS

- Please come to:
1701 Solar Drive, #150
Oxnard, CA 93030
(805) 278-4020
- **DO NOT** have any products containing **CAFFEINE OR NICOTINE** for **24 HOURS PRIOR** to the test. (coffee, decaf, tea, chocolate, cola and some medications like, Excedrin & Anacin)
- **DO NOT** TAKE ANY Beta-Blockers or Calcium Channel Blockers **24 HOURS PRIOR**. See back for list...
- Please allow at least **THREE (3) HOURS** for this test. This **IS NOT** a difficult test. However, it does take some time to complete all of the steps.
- Please take nothing by mouth **FOUR (4) HOURS** before the test.
- **Bring a snack to your appointment.** Eating after the injection of imaging material helps the image quality.
- Please wear loose and comfortable clothing. Women, please separate top and bottom sets. **NO dresses.**

Patient Name: _____

Date: _____ Time: _____

PLEASE CALL TO RESCHEDULE AT LEAST 24 HOURS PRIOR IF YOU ARE UNABLE TO KEEP YOUR SCHEDULED APPOINTMENT.

UNDERSTANDING YOUR NUCLEAR STRESS TEST

WHAT IS A NUCLEAR STRESS TEST?

A nuclear stress test shows how well blood flows through your coronary arteries while you are resting and running with physical exertion. In this test, a small amount of a radioactive substance is injected into your body. This substance allows images of your heart to be recorded so your doctor can see how well your heart is pumping blood, if a part of your heart has been damaged, or if any of the arteries that feed your heart are blocked.

WHAT HAPPENS DURING THE TEST?

Two sets of images will be taken – one while you are resting and one after you have exercised. If you are unable to exercise, you will be given a medication that causes your heart and blood vessels to dilate as they would during exercise. This test is often done in a special area called a lab. Images will be taken while you are resting.

You will be asked to have a seat in a blood drawn chair. An IV will be placed into a vein in your arm or hand. A radioactive substance will then be given through the IV.

You may be taken to another area of the lab where a special camera reads traces of the radioactive substance and send images to a monitor. After the test is completed, your doctor can see how blood flows through your heart and coronary arteries.

The second portion of the test, small electrodes will be placed on your chest. An electrocardiogram charts your heart's electrical activity. If you are able, we will have you walk on the treadmill for a few minutes. Be sure to report any symptoms you may have, such as pain or discomfort in your chest, arm or jaw, shortness of breath, or dizziness. The medications may cause sensations such as tightness in your throat and chest along with a hot, flushed feeling. This is normal and will go away in 4 or 5 minutes.

During the stress portion of the test you will be given another injection of the radioactive substance. You will then be asked again to lie down for another scan of your heart. Images taken at this time show how blood moves through your arteries to all areas of your heart during physical exertion. Your doctor will compare the images that were taken *before* and *after* exercise.

The test results will be discussed with you after your doctor has had a chance to review all of the information.



Nitro-Patch (NOT TO BE TAKEN 24 HOURS BEFORE THE TEST,
UNLESS OTHERWISE INSTRUCTED BY YOUR PHYSICIAN)

Beta-Blockers (NOT TO BE TAKEN 24 HOURS BEFORE THE TEST,
UNLESS OTHERWISE INSTRUCTED BY YOUR PHYSICIAN)

Acebutolol (Sectral)	Atenolol (Tenormin, Tenoretic)
Betaxolol (Kerlone)	Bisoprolol (Zebeta, Ziac)
Carteolol (Cartrol)	Carvedilol (Coreg)
Esmolol (Brevibloc)	Labetalol (Trandate, Normodyne)
Metoprolol (Toprol, Lopressor, Lopressor HCT)	
Nadolol (Corgard)	Penbutolol (Levadol)
Pindolol (Visken)	Propranolol (Inderal, Inderide LA)
Sotalol (Betapace)	Timolol (Blocadren, Timolide)
Bystolic	

Calcium Channel Blockers (NOT TO BE TAKEN 24 HOURS BEFORE
THE TEST, UNLESS OTHERWISE INSTRUCTED BY YOUR PHYSICIAN)

Amlodipine (Norvasc)	Felodipine (Plendil)
Isradipine (DynaCirc)	Nicardipine (Cardene)
Nifedipine (Procardia XL, Adalat CC)	Nisoldipine (Sular)
Bepridil (Vascor)	Verapamil (Isoptin, Calan, Verelan)
Diltiazem (Cardizem CD, Cardizem SR, Dilacor XR, Tiazac)	