

Physician's Cardiovascular Imaging Center

1750 El Camino Real

Burlingame, CA 94010, Suite 11

650-994-4650

MYOCARDIAL PERFUSION SCAN - PATIENT INSTRUCTION SHEET

You have been scheduled for an Nuclar Myocardial Perfusion Scan (using either Treadmill or pharmacological stress) on _____ at _____. The test is performed at the office listed above.

STOP ALL FOOD AND DRINK FOUR (4) HOURS PRIOR TO YOUR APPOINTMENT TIME, with the exception of water. Water may be taken at any time.† You will be given instructions if any of your medications should be omitted on the day of your test.

NO COFFEE, DECAFFEINATED COFFEE, TEA, DECAFFEINATED TEA, HERBAL TEA, COLAS, CAFFEINATED BEVERAGES, OR CHOCOLATE TWENTY-FOUR (24) HOURS PRIOR TO YOUR APPOINTMENT TIME. Do not take Aspirin, Excedrin, Anacin, caffeine tablets, or other caffeine-containing medications for twenty-four (24) hours prior to your appointment.

If you are taking any medication that contains Aminophylline, Theophylline, or Persantine (Dipyridamole), please stop this medication for twenty-four (24) hours prior to your appointment time. In addition, please do not take _____ twenty-four (24) hours prior to your appointment time.

If you use insulin, we recommend that you take one-half (1/2) of your usual morning dose of long-acting insulin and follow the above dietary instructions. If you use oral medication(s) for diabetes, we recommend that you omit them on the morning of the scan and follow the above dietary instructions.

Please wear comfortable, loose-fitting clothing: (for example, shorts or pants and a t-shirt). In addition, wear comfortable, flat, shoes such as tennis shoes or walking shoes for walking on the treadmill. Do not use body lotions or oils on the chest or arms that day (these substances interfere with electrode contact with the skin).

Please allow 2 to 2-1/2 hours for this procedure. There is a possibility that an additional 20 minute picture will need to be taken on the day after your initial test. This will be determined on an individual basis.

If you have any questions, please contact the office at 650-994-4650.