

**Upstate Cardiology
J.P. Mishra, M.D.
215 Summit Street
Batavia, NY 14020
(585)343-3205**

Dear: Pat Whole Name (First Name First)

Your Myocardial Perfusion Stress Test (and resting pictures) has been scheduled for:

Date: 00/00/0000

Test Preparation Instructions: (Plan to be here about 3 hours)

1. Nothing to eat 4-6 hours prior to the test **(IF YOU ARE DIABETIC YOU CAN HAVE JUICE + TOAST BEFORE YOU COME IN)**
2. No caffeine for 12 hours before the test. **This includes regular and decaf coffee**, tea, soda, and chocolate. **YOU CAN HAVE WATER.**
3. Wear flat, comfortable walking shoes or sneakers.
4. Wear a loose, comfortable fitting 2 piece outfit (with short sleeves) so that the top will be able to be removed. **(No shirts with metal buttons or zippers).**
5. Women, no **under wire** bras.
6. Bring a fatty type snack with you (donuts, peanut butter sandwich, etc) for you to eat after your first set of pictures.
7. If your weight is over 240 lbs, you may be a 2 day procedure, which means you will come back on another day for a second set of pictures.

!!!!IF YOU ARE USING INHALERS BRING THEM WITH YOU FOR THE TEST!!!

The REST test:

You will receive an injection of the radiopharmaceutical. There will be a period of 1/2 to 1 hour from when you receive the injection and when you will lie under the camera for images.

The STRESS test:

The Stress test is performed under the supervision of Dr. Mishra, with the aide of a nuclear technician. An I.V. will be inserted along with EKG monitoring. You will be instructed to walk on the treadmill to increase your heart rate. (Some patients who are unable to walk on the treadmill will be given an I.V. solution of Lexiscan or Dobutamine, a medication to dilate the arteries around the heart). Your heart rate and blood pressure will be monitored throughout the test. At the direction of the cardiologist, the radiopharmaceutical will be injected through the I.V. There will then be a waiting period of 1/2 to 1 hour between the next set of pictures, at which time you may have something to eat. The second set of pictures takes about 10 minutes. The radio pharmaceutical IS NOT A DYE, and has no known side effects.

When both parts of the test are complete, the nuclear medicine technician will process the data for the cardiologist to review.

***** You will have a follow up appointment the next week for results of the test *****

Please note that the radiopharmaceutical dose is ordered specifically for you the day of the exam. The doctor's office is billed regardless if it is used or not. If you must cancel, please give 24 hours notice.

EXERCISE STRESS TEST:

If you are walking on the treadmill hold **Beta Blocker** the night before and day of test (atenolol, tenormin, metoprolol, lopressor, topol, sotalol, betapace, coreg, carvedilol, nadolol, corgard, inderal, propranol, bisoprolol, bystolic, trandate, visken, labetalol, pindolol)

Hold long acting nitrates or vasodilators the night before and day of (isosoride, isodril, dilatrane, imdur, monoket, dipyridamole, persantine, aggrenox, trental)

-----**DO NOT WEAR NITROGLYCERINE PATCH**

-----**HOLD CALCIUM CHANNEL BLOCKERS** (cardizem, cartia, dilacor, isoptin, tiazac, verapamil, ziac, verelan, calan, covera)

LEXISCAN STRESS TEST

-----**DO NOT take long acting nitrates** the night before and day of test

DOBUTAMINE STRESS TEST

DO NOT TAKE BETA BLOCKERS, CALCIUM CHANNEL BLOCKERS AND NITRATES THE NIGHT BEFORE AND THE DAY OF TEST