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**Nuclear Myoview Treadmill Stress Test**  
**Nuclear Myoview Adenosine Stress Test**  
**Nuclear Myoview Dobutamine Stress Test**

**What is a Nuclear Stress Test?** It is similar to a standard treadmill stress test, but provides doctors with much more information about how your heart is functioning by using a radioactive isotope (Myoview) to evaluate coronary blood flow. Nuclear scans are performed by injecting a small amount of Myoview into the bloodstream. A scanner uses gamma rays to produce an image of the radioactive material and records pictures of the heart. Nuclear scans are not dangerous. The radiation exposure is about the same as that of a chest x-ray.

**Why do I need this test?** Your heart receives life-giving blood from vessels called coronary arteries. If these arteries are narrowed with cholesterol plaque, your heart may not receive the blood it needs to function properly. This narrowing is called coronary artery disease (CAD). While your heart may function normally at rest, it may not receive enough blood under stress. This often results in chest pain called angina. However, there may be no outward physical signs of CAD. If CAD is limiting blood flow to your heart, a nuclear stress test may be useful in detecting disease and assessing how this may affect you. With this information, your doctor can determine the proper course of treatment to keep you healthy.

**What should I expect?** The entire exam from start to finish can last up to 4 hours over 1 or 2 days. Patients over 250 lbs may require a 2 day study. Please plan your day(s) accordingly. This is a two-part procedure requiring two separate images: Resting images and stress images.

- **Resting Part:** To begin, an intravenous (IV) line will be inserted into your arm. The nuclear medicine technologist will inject you with Myoview. You will then sit in the waiting room for about 45 minutes to allow for Myoview to concentrate in your heart. Bring a book or newspaper to read. Resting images will then be taken which will take approximately 15 minutes. The camera will be placed close to your chest and take pictures at various angles while you are lying flat on the imaging table. **It is important for you to remain very still while the pictures are being taken.** You then go directly to the stress portion of your test.
- **Stress Part:** During the stress portion, your blood pressure and EKG will be monitored. There are two ways we can stress your heart: Treadmill or Drug (Adenosine). After the stress portion of your test, you **MUST** eat so the Myoview does not sit in your stomach.
  - **Treadmill:** You will begin by slowly walking uphill on a treadmill. It will then increase in speed and hill every 3 minutes. As you exercise longer and harder, your heart rate and blood pressure will rise. Both will be monitored along with your ECG. Expect to exercise to your maximum ability. Adjustments will be made to the exercise test, depending on your symptoms, blood pressure, ECG, or degree of fatigue. To increase the effectiveness of the test, it is important to exercise as long as you are able. Myoview will be injected through the IV line approximately 1-2 minutes before the end of exercise. It is immediately carried to the heart by the blood. About 45 minutes later, pictures will be taken of your heart with the nuclear camera.
  - **Adenosine:** If you cannot walk fast on a treadmill, we may infuse Adenosine to stress your heart as you walk slowly on a treadmill for 4 minutes or lie on your back for 6 minutes. Myoview will be injected at 2-3 minutes and your heart will be imaged about 30-45 minutes after the stress test is over. Please notify us if you have asthma or actively take inhalers.
  - **Dobutamine:** If you cannot walk on the treadmill and/or have a history of chronic lung disease or asthma, we may infuse Dobutamine to stress your heart. Myoview will be injected once target heart rate is achieved or symptoms develop to end the test. Your heart will be imaged about 30- 45 minutes after the stress test is over.

**Precautionary Information**

On rare occasions, a very small number of people who are given Myoview have serious allergic side effects, including skin rashes. The most common complaints include headache, chest pain, nausea, and abnormal taste and smell. There may also be some side effects that only the doctor will notice while your heart is being monitored.

**If you are pregnant, suspect you may be pregnant, or are a nursing mother; discuss this with your doctor before undergoing the procedure.**

# 1 Day Pharmacological Study

## 24 Hours before your test:

### **Do not eat or drink anything with CAFFEINE for 24 hours before your test:**

1. Avoid products labeled “decaf” and “caffeine free” as these products contain some caffeine.
2. NO COCOA, COFFEE or TEA (brewed, iced, instant or decaffeinated)
3. NO SODA/POP (No Coke or Pepsi products, Tab, Dr. Pepper, Mr. Pibb, Mello Yellow, Mountain Dew, etc.)
4. NO CHOCOLATE (candy, baking chocolates, cocoa, cake, pudding, milk, brownies, etc.)
5. NO DRUGS that contain caffeine (Anacin, NoDoz, Cafergot, NorgesicEsgic, Norgesic Forte, Excedrin, Synalgos-DC, Fioricet, Wigraine, Fiorinal, Vivarin)

## The night before your test:

1. **Do not eat or drink after midnight** the night before your test, however you may have water.
2. **If your test is scheduled in the afternoon**, you may eat a light breakfast (finishing before 8:00 am).

## The day of your test:

1. **DO NOT SMOKE FOR 6 HOURS BEFORE YOUR TEST!**
2. **If you are diabetic:**
  - If your test is in the morning, do not take insulin or any diabetes pills on the day of the test.
  - If your test is in the afternoon, you may take your diabetes meds with a light breakfast.
3. Wear or bring clothing appropriate for exercise (i.e., tennis shoes, sweat pants, loose fitting clothes, etc.)
4. Arrive 15 minutes before your scheduled appointment time for test preparation. Our office opens at 8:00 am.
5. Notify the tech if you have asthma, are actively using inhalers, are pregnant or suspect you might be pregnant, or are breast feeding an infant.
6. Family members are not allowed in the room during testing.

## After the test:

1. You will be able to drive.
2. You will be required to eat a snack after the Myovview has been injected. We will provide you with a snack or you may go to the hospital to purchase food.

### **I UNDERSTAND I WILL BE CHARGED (\$30-\$400) FOR THE MEDICATION(S) RESERVED FOR MY TEST IF:**

- I arrive late for my appointment;
- I do not give at least 24 hour (business days) notice of cancellation; or
- I do not follow these test prep instructions.

I understand this represents the cost of the drugs used in the test which must be ordered in advance, and it is not covered by insurance.

## 2 Day Pharmacological Study

### PREP FOR 1ST DAY OF TEST - NONE

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You may eat, drink, smoke and take meds as

### PREP FOR 2ND DAY OF TEST: 24 Hours before the 2<sup>nd</sup> day of your test:

**Do not eat or drink anything with CAFFEINE for 24 hours before your test:**

6. Avoid products labeled “decaf” and “caffeine free” as these products contain some caffeine.
7. NO COCOA, COFFEE or TEA (brewed, iced, instant or decaffeinated)
8. NO SODA/POP (No Coke or Pepsi products, Tab, Dr. Pepper, Mr. Pibb, Mello Yellow, Mountain Dew, etc.)
9. NO CHOCOLATE (candy, baking chocolates, cocoa, cake, pudding, milk, brownies, etc.)
10. NO DRUGS that contain caffeine (Anacin, NoDoz, Cafegot, NorgesticEsgic, Norgestic Forte, Excedrin, Synalgos-DC, Fioricet, Wigraine, Fiorinal, Vivarin)

### For the 2<sup>nd</sup> day of your test:

7. Do not eat or drink after midnight the night before your test, however you may have water. If your test is scheduled in the afternoon, you may eat a light breakfast (finishing before 8:00 am).
8. **DO NOT SMOKE FOR 6 HOURS BEFORE YOUR TEST!**
9. **If you are diabetic:**
  - If your test is in the morning, do not take insulin or any diabetes pills on the day of the test.
  - If your test is in the afternoon, you may take your diabetes meds with a light breakfast.
10. Wear or bring clothing appropriate for exercise (i.e., tennis shoes, loose fitting clothes, etc.)
11. Arrive 15 minutes before your scheduled appointment time for test preparation. Our office opens at 8:00 am.
12. Notify the tech if you have asthma, are actively using inhalers, are pregnant or suspect you might be pregnant, or are breast feeding an infant.
13. Family members are not allowed in the room during testing.

### After the test:

3. You will be able to drive.
4. You will be required to eat a snack after the Myoview has been injected. We will provide you with a snack or you may go to the hospital to purchase food.

**I UNDERSTAND I WILL BE CHARGED (\$30-\$400) FOR THE MEDICATION(S) RESERVED FOR MY TEST IF:**

- I arrive late for my appointment;
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