



Patient Information Sheet

Radionuclide Myocardial Perfusion Imaging Pharmacologic Stress Test Dobutamine

Your physician has ordered a cardiac nuclear stress test. This test may be performed for many reasons. Some of these may include: evaluation of symptoms (chest pain or discomfort, shortness of breath, arm or jaw pain) or monitoring the status of a known heart condition. The nuclear stress test involves taking pictures of your heart so your physician is able to view your heart's response to exercise. The results will assist your physician in managing your cardiac condition.

Your physician has determined that you would not be able to perform an exercise test, such as walking on a treadmill, well enough to stress your heart adequately. As a result, a pharmacological or medicated stress test must be performed, using a drug called Dobutamine to stress the heart. Dobutamine is a drug, which has the predominant effects of increasing contraction of the heart, increasing the heart rate and blood pressure, simulating exercise or stress of the heart muscle.

Preparation for the Test

Please follow the instructions below so your test is not rescheduled:

- No caffeine or nicotine 24 hours before your test. (This includes coffee, tea, colas and chocolate. Certain "over the counter" medications such as Excedrin contain caffeine-please check the label for ingredients).
- No food 2 hours before the test.
- Take your medications (except Beta-blockers) as directed with water, juice or milk unless otherwise instructed.
- Please dress in comfortable shoes & clothing (Ladies may want to wear a front-buttoning, short sleeve shirt).
- Please do not apply lotion to your chest prior to the test.

Procedure

Please allow 2-2 ½ hours for your test.

- An intravenous (IV) line will be inserted into your hand or arm & will be removed after the procedure; the IV line is used to inject a small amount of radioactive material, which allows us to view your heart with a nuclear scanning camera. THE RADIOACTIVE MATERIAL USED IS TECHNETIUM- TETROFOSMIN. This is initially done in a resting condition. You will have a 30-minute wait before the first pictures are taken.

- The initial pictures will be performed on an imaging table with the camera positioned close to your chest. This will take approximately 15-30 minutes. When these are completed, you will be prepped for the exercise/stress portion of your test.
- 10 EKG patches will be applied to your chest. These patches will be connected to a computer, which will continuously record your heart rhythm.
- Baseline EKG tracings will be done prior to the stress test.
- The Dobutamine will be infused by vein in increasing amounts every 3 minutes for 15 minutes. At the end of the infusion of Dobutamine or when your target heart rate has been attained, you will receive a second small amount of radioactive tracer to allow pictures of the heart to be taken. These pictures show the blood flow to your heart muscle after it has been stressed.
- Your blood pressure will be taken periodically throughout the test.
- The physician or APN will be with you for the entire test to monitor your heart rhythm, keep you informed of your progress and provide encouragement for you.
- If you experience any unusual symptoms such as chest pain, arm pain or lightheadedness, tell the staff immediately.
- Approximately 30-60 minutes after the end of the stress test, you will be asked to lie flat on the imaging table with a camera positioned close to your chest.
- The camera will again take pictures for approximately 15-30 minutes.
- When the 2nd set of pictures is completed, your test will be complete and you will be able to leave.

Results

A cardiologist interprets the results of your test. Following your procedure the test results will not be immediately available. Your referring physician or family doctor will receive a written report approximately three days later.

Cancellation Policy

Please note: a 48 hour notice of cancellation is requested.