

Myocardial Perfusion using Exercise or Pharmacological Stress

Tell your doctor if you are pregnant or breastfeeding.

You have scheduled a Myocardial Perfusion Pharmacological or Exercise Stress study. This study uses a small amount of radioactive material. The level of radioactivity used is extremely low and has no side effects.

How do I prepare for my study?

- Do Not eat for 6 hours before your study
- You can drink water or clear liquids up until your appointment time
- Caffeine inactivates adenosine/dipyridamole. It is important that you **do not eat or drink** anything with caffeine in it for 24 hours before your study. Some caffeinated products include:
 - Decaffeinated coffee
 - Coffee
 - Tea
 - Excedrin®
 - Some soft drinks (soda)
- Do not take any beta-blockers or calcium channel blockers the day of the exam. Bring them to the test with you.

What happens during my study?

Plan to be in our department for 3-6 hours

1. We will have you sign an Informed Consent.
2. We will inject a small amount of radioactive material into an I.V. placed in your arm.
3. You will take a stress test either on a treadmill or by use of medications.

An exercise physiologist will monitor you during your stress test.

Department of Radiology

4. 10 minutes -2 hours later, we will take painless images for about 25 minutes.
 - a. We will position you on an imaging table, under a special detector called a gamma camera.
 - b. You will be asked to place your arms above your head for the images. It will be placed close to your chest and rotate around you. The camera does not produce any radiation and will not cause any pain or discomfort.
 - c. You will also receive a CT scan as part of the imaging procedure.
 - d. We will ask you to wait while process and evaluate your images.
5. We will inject another dose of radioactive material into your IV while you rest.
6. 30-60 minutes after your second injection, we will take more images for about 25 minutes.
7. You can eat any time after your stress test is complete.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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