



Gregory G. Kenien, MD, FACC
Christopher A. Nardone, MD, FACC
Mark J. Charlamb, MD, FACC
Rakesh Bhan, MD, FSCAI

4507 Medical Center Drive
Fayetteville, NY 13066
315-663-0500 fax 315-663-0511

PATIENT NAME: _____

APPOINTMENT DATE/TIME: _____

1. ETT (Do not eat/drink 2 hours prior to test - **Test time 45 minutes**)
2. STRESS ECHO (Do not eat/drink 2 hours prior to test - **Test time 1 hour**)
3. DOBUT. STRESS ECHO (Do not eat/drink 4 hours prior to test - **Test time 1 hour**)
4. DUAL EXERCISE ETT (Do not eat/drink 4 hour prior to test - **Test time 3 hours**)
5. DUAL ADENOSINE ETT (Do not eat/drink 4 hours prior to test - **Test time 3 hours**)
6. EXERCISE/MIBI (2-DAYS) (Do not eat/drink 4 hours prior to test - **Test time 2 hours**)
7. ADENOSINE/MIBI (2-DAYS) (Do not eat/drink 4 hours prior to test - **Test time 2 hours**)

NO GUM, COUGH DROPS, CANDY OR WATER PRIOR TO TEST DURING FASTING PERIOD. TAKE REGULAR MEDICATIONS UNLESS OTHERWISE DIRECTED BY YOUR PHYSICIAN. WEAR COMFORTABLE CLOTHES/RUBBER SOLED SHOES.

_____ **NO CAFFEINE OR DECAFFINATED PRODUCTS**, SODA, CHOCOLATE, COFFEE OR TEA FOR **48 HOURS PRIOR TO TEST** (MAY DRINK MILK, JUICE, WATER)

_____ DO NOT TAKE YOUR MEDICATIONS. BRING THEM WITH YOU TO THE EXAM

_____ IF YOU ARE A DIABETIC AND SCHEDULED FOR A.M. TESTING (8:30-10:00), PATIENTS SHOULD HOLD THEIR BREAKFAST AND DIABETIC MEDICATION.
IF SCHEDULED FOR P.M. TESTING (11:00-2:00), EAT A LIGHT BREAKFAST AND TAKE ½ OF YOU'RE A.M. DIABETIC MEDICATION.

_____ DIALYSIS PATIENTS SHOULD AVOID DIAYSIS FOR 24 HOURS FOLLOWING THE EXAMINATION AND NOTIFY THEIR HEMODIALYSIS UNIT.

HEIGHT _____ WEIGHT _____

What is a myocardial perfusion scan?

A myocardial perfusion scan is used to evaluate coronary artery disease, which is a narrowing of the blood vessels that supply oxygen to the heart muscle. As this disease progresses, the heart may not receive enough oxygen at times, especially when it's under stress. This may result in a chest pain called angina.

The scan uses radioactive substances (radionuclides) called thallium, sestamibi, technetium or cardiolyte that can be used to produce pictures of patient's heart. When the radionuclide is injected into the bloodstream, it travels to the heart muscle through the coronary arteries. This process can be visualized by a special camera. The results of your myocardial perfusion scan will help your doctor determine whether coronary artery disease is limiting flow to your heart. This scan will help him choose the right treatment for you.

EXAMPLES OF PRODUCTS THAT CONTAIN CAFFEINE

BEVERAGES: **cocoa, coffee** (brewed, instant or decaffeinated), regular and caffeine-free **soda** (coca-cola, diet cola, tab, peps, diet peps, dr. pepper, mr. pibb, mello yellow, mountain dew) **tea** (brewed, iced or instant)

FOODS: chocolate (chocolate candy, baking chocolates, cake, pudding, chocolate milk, and brownies)

DRUGS: anacin, cafergot, esgic, Excedrin, fioricet, fiorinal, nodoz, norgesic, norgesic forte, synalogs, wigraine, vivarin