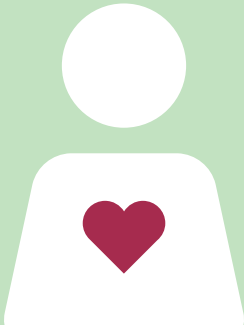


# WHAT YOU NEED TO KNOW ABOUT YOUR Heart Imaging Test



## We'll be testing your heart

You will be undergoing a **cardiac nuclear stress test**<sup>a</sup>—it's a very common test for coronary artery disease (CAD). It can help doctors see if there's a problem with the blood flow to your heart without doing any surgery.

<sup>a</sup>The technical name of this test is myocardial perfusion imaging (MPI).

## What is this test exactly?

This test creates a picture of the blood flow through your heart muscle. A liquid called a tracer, which holds a small amount of radiation, is injected into your vein. The tracer makes its way through your veins and into your heart. Then a special camera creates computer-generated pictures of how the tracer flows into your heart.

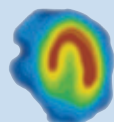


Normal  
(healthy)

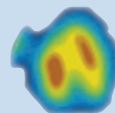


Clogged  
(unhealthy)

Using this camera, your doctors will be able to see which areas of your heart are not getting enough blood. This tells them which coronary arteries may be clogged.



Rest



Stress

The clogged arteries may be identified by looking at 2 images of your heart side by side: one taken while you are at rest, and one taken after you have been exercising.

The images above show what the scans may look like.



If you are not able to exercise, your doctor may prescribe a stress medicine in its place. This medicine will be injected in the same place as the tracer.

Your doctors will explain to you what your heart images mean.

## BEFORE YOUR TEST:

# What to Avoid

This is **NOT** a complete list. Ask your doctor so you can be sure which other items you should avoid before your test.

### Drinks to avoid



- Coffee (brewed, instant, iced, decaf)
- Tea (brewed, instant, iced, decaf)
- Soda pop (including “caffeine-free”)
- Energy drinks
- Chocolate milk (or chocolate-flavored drinks, including nutritional drinks)
- Hot cocoa

### Foods to avoid



- Brownies
- Chocolate pudding, cakes, and candies
- Energy bars

### Some medicines to avoid



#### Over-the-counter drugs with caffeine

Anacin®  
(aspirin, caffeine)

Excedrin®  
(acetaminophen,  
aspirin, caffeine)

Vivarin®  
(caffeine)

NoDoz®  
(caffeine)

#### Prescription drugs with caffeine

Cafergot®  
(ergotamine tartrate,  
caffeine)

Esgic®  
(acetaminophen,  
butalbital, caffeine)

Fioricet®  
(acetaminophen,  
butalbital, caffeine)

Fiorinal®  
(butalbital, aspirin,  
caffeine)

#### Prescription drugs with dipyridamole (do not take for 48 hours)

Aggrenox®  
(aspirin, dipyridamole)

Persantine®  
(dipyridamole)

#### Prescription drugs with theophylline

Elixophylline®  
(theophylline)

Theo-24®  
(theophylline)

Looking for more support? Register at [StressTestCoach.com](https://www.stresstestcoach.com) to help you get ready for your heart imaging test.

# HEART IMAGING TEST Checklist

Check off each item as you prepare for your test.

Before the day of the test, ask your doctor if you should stop taking any medicines you usually take.



Do not eat, drink, or take anything containing methylxanthines, ie, caffeine and theophylline, for at least 12 hours before the test. Some ingredients in foods and medications may affect your test results.



**See the tables on page 2 for a list of some things you should avoid.**

Wear comfortable clothes and shoes that you could exercise in on a treadmill, if needed.



Tell your doctor if you have a history of wheezing, asthma, or lung disease that keeps coming back.



**Remember to relax and stay still—if you move too much, the picture may not turn out right.**

## EXAM APPOINTMENT REMINDER

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Address: \_\_\_\_\_

Doctor: \_\_\_\_\_

Special Instructions: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_