

### **Nuclear Stress Testing (MIBI)**

A Nuclear Perfusion scan is ordered to look at how blood is flowing to your heart muscle. Two sets (rest and stress) of pictures are taken throughout the day. For the first part (rest) of the test, a nuclear medicine technologist will take pictures of your heart in a resting state. For the second part of the test (stress part), pictures of the heart will be taken when it is working hard. This is usually accomplished by having you exercise on a treadmill. If you are unable to exercise for any reason, you will be given a medication (dipyridamole or dobutamine) to make your heart work hard instead.

Your skin will be prepped and electrodes will be placed on your chest. These electrodes are attached to a heart monitor this will allow us to watch your heart rate and rhythm during the test. If you can exercise, you will be asked to walk on a treadmill. The test will start slowly and gradually. The speed and incline will increase every 3 minutes. You will be encouraged to walk for as long as possible. Your heart rate and blood pressure will be monitored throughout the test.

For both parts of the test, a nuclear medicine technologist will inject a small amount of radioactive medication (called radiotracer) into a vein in your arm. This medication contains a small amount of radioactivity which is not harmful. The radiotracer will travel to your heart muscle. You will be asked to live very still on the examining table while a camera (called a gamma camera) takes pictures of your heart.

#### **PREPARATION FOR THE TEST:**

**\*\*DO NOT HAVE ANYTHING WITH CAFFEINE SUCH AS COFFEE, TEA, SOFT DRINKS, CHOCOLATE, ETC. FOR AT LEAST 24 HOURS PRIOR TO THE TEST. (THIS INCLUDES DECAFFEINATED TEA AND COFFEE)\*\***

#### **HOLD ALL MEDICATIONS 24 HOURS PRIOR TO THE TEST**

**EXCEPT:** blood thinners (i.e. Warfarin/Xarelto), diuretics (water pills), inhalers, anxiety medication and diabetic medications. Check with your doctor if you have any questions regarding this.

You may have a light breakfast the morning of the test **\*\*THIS MUST NOT CONTAIN ANY FORM OF CAFFEINE\*\***

Bring your pill bottles and/or a list of your medications with the dosages on the day of your test.

Do not apply lotion, oil, or powder to your chest area on the day of the test.

Prepare to have a meal after the stress portion of this test. You may bring your meal with you or purchase a meal from the hospital cafeteria or from a vending machine.

Start by arriving on the Ground Floor; follow the green dots to Nuclear Medicine. Take a seat on the green chairs in the waiting area until your name is called. You will be in two different departments, Nuclear Medicine (Medical Imaging) and EKG (Cardiology) during different phases of the test. (You will need to register in both departments).

If you have any questions about the test, please try to ask your doctor or any of the involved medical personnel before the test is started.

***Note: Be prepared that this test takes anywhere from 4-6 hours to complete.***

***Wear comfortable clothing and walking shoes on the day of the test. No metal zippers, snaps, underwire etc., on clothing to be worn on the chest area.***