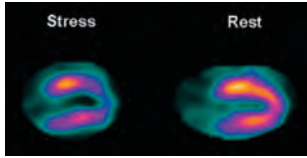


What is a nuclear study?

A “nuclear” or myocardial perfusion study is a way of checking blood flow to the muscles or walls of your heart. The study requires that a small amount of nuclear imaging agent be injected to you through an IV. A special camera is then used to take images of this material as it travels through your heart muscle.



Is the study safe?

Nuclear medicine procedures are very safe. Ten to 12 million of them are performed every year in the U.S. alone. Our well-trained professionals adhere to all required guidelines. The radiation that you are exposed to is about the same dose as you would receive during a CAT scan. Your body eliminates the radioactive material very quickly.

What does the study detect?

This study can be used to detect the presence of coronary artery disease (CAD) and how it affects your heart. CAD is caused by a buildup of fatty materials in your arteries. This buildup blocks the blood flow that your heart needs to function properly.

When will I get the results?

Once you have completed your study, the results will be sent to your primary care or referring physician. The office will contact you within 5-7 days. If you have not been contacted with the results within 10 business days, contact your referring physician's office.

PLEASE NOTE!

Please follow the instructions provided to ensure your study can be completed the day of your appointment.

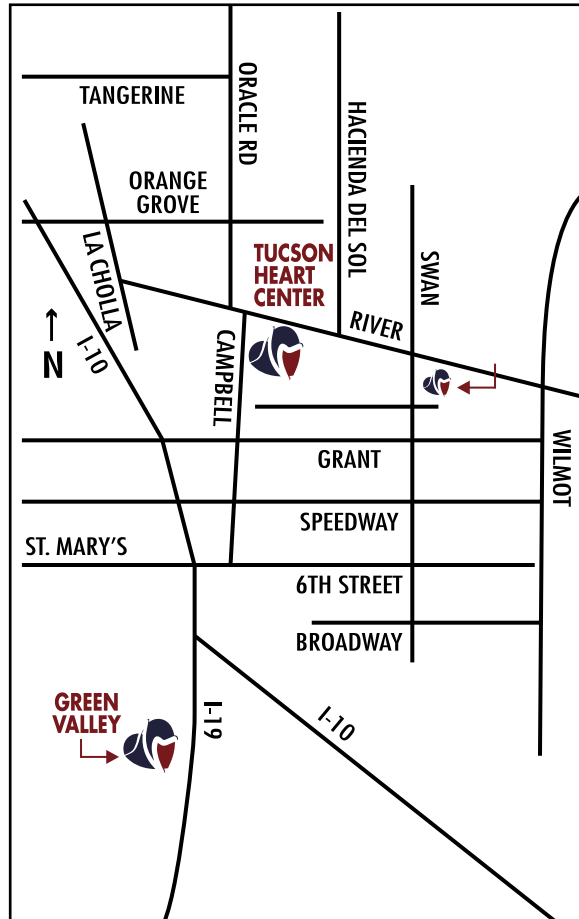
It is imperative that you do not consume any caffeine 12 hours prior to the study, otherwise it may be necessary to reschedule your procedure.

Please feel free to contact our nuclear department with any questions or concerns.

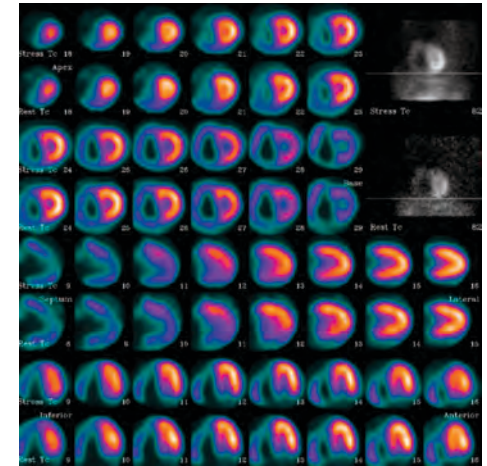
Tucson Heart Center (520) 696-4780 Ext. 1431

If there is any chance that you could be pregnant, please inform the technologist performing the test immediately.

The imaging agent is ordered specifically for you. If you find it necessary to cancel your appointment, it is important that you notify Pima Heart at least 48 hours in advance. Without this notification, you will be billed for the imaging agent that was ordered on your behalf.



Your Guide to a: **Nuclear Study** (Myocardial Perfusion)



Pima Heart Imaging Centers

Tucson
□ 2404 E. River Rd.
Building 2, Suite 100
(520) 696-4780

Green Valley
□ 4475 S. I-19 Frontage Rd.
Suite 125
Green Valley, AZ 85614
(520) 648-1139

Appointment

Date _____ Time _____



What test am I scheduled for?

NUCLEAR MEDICATION STRESS TEST (Adenosine or Lexiscan)

How do I prepare for the test?

1. No Caffeine for 12 hours prior to the procedure. This includes coffee, decaffeinated beverages, chocolate, tea, soda and certain migraine medications including Excedrin, Anacin, Fioricet, and Fiorinal.
2. You may eat a light breakfast 1-2 hours prior to the procedure. As an example: toast, juice, cereal or oatmeal. If you are Diabetic, you may eat a small meal and take your regular diabetic medications.
3. Drink plenty of water at any time the morning of the procedure. We encourage drinking water throughout the morning and during the test. This will help you from becoming dehydrated.
4. Do not take any of the following medications 48 hours prior to the procedure: Pentoxifyllin, Theolair, Theo-24, Theophylline, Respid, Trental, Slo-Bid, Theo-dur, Uniphyl, Persantine, Aggrenox.
5. No Nitroglycerine or nitrates the day of the test. This includes the Nitro Patch, Sublingual pills, Spray or any other form of nitroglycerine (for example: Isosorbide and Nitrobid).
6. You may take any other medications that are not listed above.
7. Please bring a small snack and a beverage of your choice. This can include a caffeinated beverage and you will be instructed by staff when to consume your snack. This will improve the quality of the images in the last part of the procedure.
8. If you use inhalers, please bring them with you.
9. You should wear loose comfortable clothing. If you tend to get cold, please bring a sweater or jacket with you. A two piece outfit is suggested for better access to your arms and chest.

NUCLEAR EXERCISE TREADMILL

1. No Caffeine for 12 hours prior to the procedure. This includes coffee, decaffeinated beverages, chocolate, tea, soda and certain migraine medications including Excedrin, Anacin, Fioricet, and Fiorinal.

2. You may eat a light breakfast 1-2 hours prior to the procedure. As an example: toast, juice, cereal or oatmeal. If you are Diabetic, you may eat a small meal and take your regular diabetic medications.
3. Drink plenty of water the morning of the procedure. We encourage drinking water throughout the morning and during the test. This will help you from becoming dehydrated.
4. Do not take any of the following medications 48 hours prior to the procedure: Pentoxifyllin, Theolair, Theo-24, Theophylline, Respid, Trental, Slo-Bid, Theo-dur, Uniphyl.
5. No Nitroglycerine or nitrates the day of the test. This includes the Nitro Patch, Sublingual pills, Spray or any other form of nitroglycerine (for example Isosorbide and Nitrobid).
6. Do not take any BETA BLOCKERS for 48 hours prior to the procedure: Acebutolol (Sectral), Atenolol (Tenormin), Bisoprolol (Zebeta Ziac), Carvedilol (Coreg), Carteolol HCl, Diltiazem HCL (Cardizem) Esmolol HCl (Brevibloc), Labetolol (Normodyne, Trandate), Metoprolol (Toprol, Lopressor), Nadolol (Corgard), Nebivolol (Bystolic), Penbutolol sulfate (Levatom), Pindolol Propanolol (Inderal), Timolol Maleate
7. Please bring a small snack and a beverage of your choice. This can include a caffeinated beverage and you will be instructed by staff when to consume your snack. This will improve the quality of the images in the last part of the procedure.
8. If you use inhalers please bring them with you.
9. You should wear loose comfortable clothing. If you tend to get cold, please bring a sweater or jacket with you. A two piece outfit is suggested for better access to your arms and chest.



What takes place during the procedure?

The myocardial perfusion study consists of three parts. First, images will be taken of your heart while you are at rest. Secondly, you will be asked to exercise or given a medication to simulate exercise, and during part three more images of your heart will be taken. The entire test takes approximately 3-4 hours. It is important that you understand any instructions given. Don't hesitate to ask questions if you need more information.

PART ONE: RESTING IMAGES

An IV will be started in your arm so that the nuclear imaging agent can be injected. You will not feel any different while receiving the nuclear imaging agent. The IV will remain in place throughout the study. Images will be taken of your heart while you are at rest. It is important to lie very still. This portion of the study will take about 12 to 15 minutes to complete. The quality of the images will be checked, and then you will move on to part two.

PART TWO: TREADMILL STRESS TEST

EKG electrodes will be placed on your chest. Your heart and blood pressure will be monitored while you exercise on a treadmill. The speed and incline will be increased every two to three minutes until you reach your target heart rate based on your age.

The nuclear imaging agent will be injected through the I.V. When you have reached your target heart rate, you will then be asked to continue exercising for one minute after the injection. We will monitor your EKG and blood pressure for five minutes after your exercise is complete.

What if I am unable to exercise?

(Medication stress test)

It may be determined that a medication (Adenosine/Lexiscan) which simulates exercise is a better choice for you. If you notice any changes in the way you feel while you are receiving the medication, please notify the person who is closely monitoring your test. Symptoms you may feel or experience are normal and are from the medication being infused. The infusion is approximately four minutes and the symptoms will subside within three to five minutes after the infusion is completed.

You may be asked to do some low-level exercise to help minimize the symptoms from the medication. This exercise portion of the study takes about four minutes.

PART THREE: STRESS IMAGES

This final stage will require more images of your heart. You will be connected to a heart monitor and we will take images of your heart. Again, it will be necessary for you to stay very still while these images are taken. This final stage will take approximately 10-12 more minutes. The images will be checked for quality, before you leave. They are then processed and read by a nuclear medicine physician. The report is sent to your physician within 3-5 days. This includes the ordering physician (Primary Care/Cardiologist).