

Nuclear Medicine – Myocardial Perfusion (Cardiolite Stress Test)



701 10th Street SE
Cedar Rapids, IA 52403-1292
319 398-6011

To Schedule: (319) 861-7778

Questions about your procedure: (319) 398-6050

What is a Nuclear Medicine?

Nuclear medicine uses radioactive materials to help diagnose and treat a wide variety of diseases and disorders. Nuclear medicine provides unique information about the human body and its function. Nuclear medicine helps providers diagnose diseases to make treatment more effective. It is one of the best diagnostic tests for the early detection of certain types of heart disease, thyroid disease, tumors, bone changes, etc.

The myocardial perfusion scan is an image of the blood supply to the heart muscle. This helps your provider diagnose the presence and/or extent of coronary artery disease, myocardial infarction, or for ischemic myocardium.

Preparation:

You should not drink or eat anything for two hours before the procedure. You will be asked to eat after certain parts of the testing. You should have no caffeine for 24 hours before your appointment. Please note: “no caffeine” includes caffeinated or decaffeinated products such as tea or soda, and this also includes anything with chocolate. If you are diabetic or hypoglycemic, ask your provider for special instructions. Your provider may decide to temporarily discontinue certain medicines before the stress examination. Some medicines may affect the results. Do not use any nicotine products 4 hours prior to the exam. This also includes nicotine patches. We request you wear comfortable street clothes and a pair of walking shoes with socks.

Procedure:

When you are scheduled for your myocardial perfusion study, you should allow approximately 4 hours if it is going to be completed in one day. If your myocardial perfusion scan is to be completed in 2 days, allow approximately two hours for each day you are scheduled.

You will be injected with a radioactive material which travels through the body and concentrates in the heart. After the injection, you will be asked to drink at least 16oz. of water and return 45-60 minutes after injection. Your first set of imaging will last approximately 20-30 minutes. You will then be asked to exercise on a treadmill where you will be monitored by medical staff. During the treadmill exercise, you may experience shortness of breath, fatigue, or chest discomfort. Imaging is performed immediately after the treadmill exercise and lasts 20-30 minutes.

If you are not capable of walking on a treadmill, you will be given a medication which will increase your heart rate and may cause you to experience shortness of breath, chest discomfort and/or a warm flushed feeling. These symptoms should subside two to three minutes after stopping the medication. The next set of imaging begins 45-60 minutes after the medication is given. You will be asked to eat and drink at least 16oz. of water during this time. This imaging lasts 20-30 minutes.

PLEASE BRING THE FOLLOWING TO YOUR APPOINTMENT:

A PHOTO ID TO VERIFY YOUR IDENTITY

A LIST OF CURRENT MEDICATIONS YOU ARE TAKING

Parking:

Park in the Mercy Medical Center 10th Street Parking Ramp, located at the corner of 10th Street and 8th Ave. SE. Proceed to **Ground (G)** level and follow the signs to "Radiology (X-Ray)," also located on **Ground (G)** level.

Procedure Results:

A radiologist will review the images shortly after the exam is completed. A written report will be sent to the provider who ordered your exam. Your provider will discuss the results with you. Results will typically be available for your provider within two business days of the exam. Results will also be sent to your MyChart account.