

MYOCARDIAL PERFUSION SCAN
PATIENT INSTRUCTION SHEET

1. You have been scheduled for: Exercise Myocardial Perfusion Scan or Adenosine Myocardial Perfusion Scan or Regadenoson Myocardial Perfusion Scan.
Date: _____ Time: _____
The tests are performed at 1510 E. Main Street, Suite 101, Santa Maria, CA 93454
2. Stop all food and drink four (4) hours prior to your appointment time, with the exception of water. Water may be taken at any time in any quantity desired.
3. NO COFFEE, DECAF COFFEE, TEA, DECAF TEA, HERBAL TEA, COLAS, DECAFFEINATED COLAS, CAFFEINATED BEVERAGES, OR CHOCOLATE FOR 12 HOURS PRIOR TO YOUR APPOINTMENT TIME. Do not take **Excedrin, Anacin, caffeine tablets, or other caffeine-containing medications** for 12 hours prior to your appointment time.
4. If you use insulin, we recommend that you take one-half (1/2) of your usual morning dose of long-acting insulin and follow the above dietary instructions. If you use oral medication(s) for diabetes, we recommend that you omit them on the morning of the scan and follow the above dietary instructions.
5. Please allow 2 to 3 hours to accomplish the scan.
6. Please wear comfortable, loose-fitting clothing: shorts or pants and a t-shirt. In addition, wear comfortable shoes such as tennis shoes or walking shoes for walking on the treadmill. Do not use body lotions or oils on the chest or arms that day.
7. If you are taking any medication that contains Aminophylline or Theophylline, please stop this medication for 24 hours prior to your appointment time. If you are taking Dipyridamole (Persantine) or Aggrenox, please stop this medication for 48 hours prior to your appointment time.

Our Technologist or Medical Assistant will be contacting you 48 hours prior to the test to go over these instructions and your medications with you. If you have any questions, please discuss them with our Nuclear Technologist, Barry Silva, CNMT.