



# Complete Cardiology Care

Board Certified Cardiology & Electrophysiology

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## Myocardial Perfusion Stress Test Instructions

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Appointment Date/Time: \_\_\_\_\_

**PLEASE BE AWARE: Failure to follow these instructions which results in your test being cancelled or failure to give 48-hour notice for cancellation will cause you to be personally billed \$175.00 to cover the cost of the medicine. The medicine for the test must be prepared prior and is only good for a limited time. For cancellations you must talk to a receptionist IN THE OFFICE – no voicemail or answering service.**

Patient initials: \_\_\_\_\_ Date: \_\_\_\_\_

Your doctor has scheduled a Myocardial Perfusion Stress Test for you. Please expect to be in our office for 2 hours. We will start by placing an IV in your arm. You will be given a special radioactive tracer that allows pictures of your heart to be taken. The study is done in three parts: 1) A set of pictures of your heart at rest will be taken. 2) Immediately after that you will exercise on a treadmill; if you cannot exercise, a chemical stress test will be performed instead. 3) Exercise pictures will be taken after step 2.

- To prepare for the exam:
- Please drink plenty of water the day before and morning of the test. This will help with placing the IV.
- AM Study: Please do not eat or drink anything else other than water after midnight the night before your exam.
- If your appointment is for after 12 noon, please have a LIGHT breakfast (toast or bagel with jelly and juice) or early lunch 4 hours before your appointment time. You may have water.
- For 24 hours prior to the exam, please DO NOT eat or drink anything with caffeine, including coffee, tea, soda, or chocolate. DO NOT eat or drink anything even if it says “decaffeinated” or “caffeine free”.
- Be sure to wear comfortable, loose-fitting clothing (button-down shirt) and comfortable shoes, as you may exercise on a treadmill.
- Please bring a list of all the medications you take, with the times and doses.
- Bring a snack and something to drink (it can be something with caffeine) for AFTER the stress test part of your study.

**Once again – Failure to follow these instructions which results in your test being cancelled or failure to give 48-hour notice for cancellation will cause you to be personally billed \$175.00 to cover the cost of the medicine. The medicine for the test must be prepared prior and is only good for a limited time. For cancellations you must talk to a receptionist IN THE OFFICE – no voicemail or answering service.**

If you take any medications, talk to your doctor before your appointment about whether you should take them the night before, or the day of, the stress test. Feel free to bring something to read, since you should expect to be here for 2 hours of your day.

**I acknowledge that I have read and received a copy of these instructions.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_