

Cape Fear Cardiology Associates, P.A.

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Sestamibi, Myoview and Thallium Patient Education Preparation

This test takes approximately 3-4 hours to complete. Please make arrangements in your schedule for this amount of time.

Patient Preparation:

No food or drink except water for 6 hours prior to exam.

Prescribed medications, including your blood pressure medications, may be taken with water. (Cardiac medications, such as beta blockers, digitalis, nitrates or oral dipyridamole do not interfere with this pharmacologic stress test.)

Discontinue all xanthine containing medications 36-48 hours prior to testing: Theo-24, Theorent, Slo-Bid Gyrocaps, Theospan, Theobid Duracap, Theophylline, Slo-Phyllin, Elixophyllin, Constant- T, Theochron, Aerolate, Respid, Theobromine, Aminophylline.

Discontinue Trental for 7 days.

Discontinue all caffeine containing products for 24 hours: (coffee, tea, chocolate, soft drinks, cafergot, Darvon, Florinal, Synalgos, Wigraine, Anacin, Excedrine, No Doz, etc.)

Nitro patches must be removed at least 1 hour prior to exam.

If you are diabetic, diabetic medications should **not** be taken the morning of the test, however, bring them with you.

Patient Instruction:

Try to get a good night's sleep before the test.

Please wear loose, comfortable clothing and comfortable walking shoes.

Patient Education:

We will review the procedure with you and have you sign a consent form.

We will start a small IV in your arm or hand.

We will administer a small dose of a radioactive tracer through the IV.

There is NO IODINE in the tracer.

You will relax in our nuclear medicine waiting room for about 40 minutes. (You may wish to bring a book.)

We do not allow individuals who are not having the test in the nuclear medicine waiting room. They may wait in one of our other waiting rooms if they wish.

We will take a set of pictures of your heart for about 15 +/- minutes.

You will then have the stress portion of the procedure. (You will either walk on our treadmill or be given a medicine through your IV to stimulate exercise.)

During the stress portion of the procedure you will be given a second dose of the radioactive tracer.

We will take a second set of pictures of your heart for about 15 +/- minutes.

You will then go to check out when the procedure is complete.