

IMPORTANT: PLEASE READ INSTRUCTIONS ON EACH OF THE THREE PAGES

Your doctor has requested that you have either a stress or pharmacologic myocardial perfusion scan (MPS), also known as a nuclear stress test.

A list of instructions for these tests follows. At your scheduled appointment time, **GO DIRECTLY TO SUITE 302, WHICH OPENS AT 7:00 A.M.** The Professional Bldg. doors do not open to public until after 6:00 a.m. Stress tests with myocardial perfusion imaging are performed at our Cobb Office at 1700 Hospital South Drive, NEXT to Cobb Hospital (which is connected to the walkway).

Upon receiving notice of your scheduled appointment by mail, please call 770-732-2882 to confirm that the date and time scheduled are convenient for you, or to reschedule for another date. The isotope portion of this study is a substantial part of the cost of this test and cannot be used at a later date on you or any other patient. So, please take the responsibility of notifying us, if you need to cancel or reschedule at 770-739-0999 to page Ben Wheatley, the Nuclear Medicine Technologist, to cancel or reschedule after office hours the day prior to the appointment, up to 9:30 p.m.

You will be charged a \$300.00 cancellation fee if you do not cancel the appointment before 9:30 p.m. the night before.

Your test will take approximately 3 hours to complete, (waiting time has been purposely built in for image quality).

Important: Do not eat or drink after midnight the night before (brushing your teeth is o.k.). **No caffeinated beverages or candies for 12 hours before your appointment time and until the test is completed.** Please do not put any cream, oil, or powder on your arms or chest prior to the test. Facial make-up is acceptable as well as deodorant. **Please wear slacks or shorts, comfortable walking shoes or sneakers, and a pullover short-sleeve shirt with no metal.** (For women please see highlighted instructions below). If you should have any questions regarding the test itself, please call Ben Wheatley at 770-732-2884. **In addition, if you are on any breathing inhalers, please bring them to the office with you.** Because of limited seating capacity, our MPS waiting room can accommodate the patient undergoing the test and one additional family member or friend. During the winter months, this room may be chilly. While we do have blankets available, feel free to bring one of your own.

Your test will be interpreted by one of our cardiologists later in the day. In some cases, you may be scheduled for an office visit with one our cardiologists on the same day of your MPS. Our staff will contact you 1-2 days following your test and give further instructions as to whether it is necessary for you to return for a follow-up appointment or simply follow-up with your family or primary care physician. A copy of the final results and recommendations will be sent to family or primary care physician.

WOMEN: Please wear slacks or shorts, a dark-colored non-revealing top, and a bra without underwires. No dresses or skirts.
(Updated 2/27/09)

Pretest information for patients scheduled for stress or pharmacologic myocardial perfusion scan (MPS)

SUBSTANCES TO AVOID

At least **12 hours before your appointment time**, patients should refrain from products containing caffeine, theophylline and dipyridamole. Caffeine and theophylline are methylxanthines which block the effects of the pharmacologic. Dipyridamole potentiates the effects of the pharmacologic.

EXAMPLES OF PRODUCTS THAT CONTAIN CAFFEINE OR THEOPHYLLINE:

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|---------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Drinks: | Brewed coffee
Instant Coffee
Decaffeinated Coffee
All Tea's (regular & caffeine Free)
Mello Yello
Coca-Cola (regular & caffeine Free)
Tab | Regular Colas
Caffeine free Colas
Dr. Pepper
Mr. Pibb
Mountain Dew (regular & caffeine Free)
Cocoa
Pepsi (regular & caffeine Free) |
| Foods: | Chocolate candy, Chocolate-coated candy, Chocolate cake, Chocolate pudding, baking Chocolates, Chocolate Milk, or Brownies | |
| Prescription Drugs: | Cafergot (all forms), Esgic (all forms), Fioricet, Fiorinal (all forms), Norgesic and Norgesic Forte, Synalgos-DC, Wigraine (all forms) | |
| OTC Drugs: | Anacin, Excedrin, NoDoz | |

SOME OF THE MOST COMMON DRUGS CONTAINING THEOPHYLLINE

Aetolate	Respbid	Theo-24	Theo-Sav
Constant-T	Slo-Bid	Theo-Clear,	Theostat
Elixophyllin	Slo-Phyllin	Theo-Dur	Theo-X
Primatene(tablets)	T-Phyl	Theolair	Theo-Organidin
Quibron (all forms)	Tedral SA		

Instructions for **stress or pharmacologic myocardial perfusion studies**

DO NOT EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE (BRUSHING YOUR TEETH IS OK).
WEAR COMFORTABLE SLACKS AND WALKING SHOES.

PLEASE STOP TAKING THE FOLLOWING MEDICATIONS 12 HOURS PRIOR TO THE EXERCISE TEST:

Toprol (Metoprolol LA)
Sectral (Acebutolol)
Coreg (Carvedilol)
Corgard (Nadolol)
Bystolic (Nebivolol)

Lopressor (Metoprolol)
Calan SR (Verapamil)
Zebeta (Bisoprolol)
Tenormin (Atenolol)

Blocadren (Timolol)
Inderal (Propranolol)
Visken (Pindolol)
Normodyne, Trandate (Labetalol)

ALL OTHER MEDICATIONS NOT LISTED ABOVE ARE TO BE TAKEN AS DIRECTED WITH WATER.

Diabetic Patients: Please do not take your diabetic medicine the morning of your test. Please check your blood sugar in the morning. If sugar level is normal, then just come in for the test and bring diabetic medications with you. If your sugar level is low, then drink 1-2 glasses of your favorite juice and come in for your test, and you can bring your diabetic medication with you.

If you have any questions regarding this test, please call Ben Wheatley (770-732-2884).