

IMPORTANT: PLEASE READ ALL INSTRUCTIONS

Your doctor has requested that you have either a stress or pharmacologic myocardial perfusion scan (MPS), also known as a nuclear stress test. MPSs are performed at both our Austell and Douglasville offices, which are located next to BUT NOT INSIDE Wellstar Cobb and Douglas Hospitals. Our Austell office is connected to Wellstar Cobb Hospital by a covered walkway. Our Austell office, located at 1700 Hospital South Drive, Suite 302, opens at 7:00 AM. Our Douglasville office, located at 6095 Professional Parkway, Bldg. B, Suite 203, opens at 8:00 AM.

Upon receiving notice of your scheduled appointment by mail or phone, please call 770-732-2882 to confirm that the scheduled date, time, and location are convenient for you. The nuclear medication portion of this study is a substantial portion of the cost of this test and cannot be used at a later date by you or any other patient because it actually expires in a very short time. As a result, we would greatly appreciate if you would let us know as soon as possible if you need to reschedule or cancel your test by calling 770-739-0999. If you need to reschedule or cancel your test after business hours, please call 770-739-0999 and ask to page Ben Wheatley, our Nuclear Medicine technologist.

You will be charged a \$120.00 cancellation fee if you do not cancel the appointment before 9:30 p.m. the night before your scheduled test.

Your test will take approximately three hours to complete, which includes the time needed to perform the test as well as the computer processing necessary to make sure we have obtained high quality images of your heart.

INSTRUCTIONS FOR MYOCARDIAL PERFUSION SCANS (PLEASE READ ALL INSTRUCTIONS CAREFULLY):

- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT PRIOR TO THE TEST (Brushing your teeth is okay).**
- Do not consume any candy or caffeinated beverages/products in the 12 hours before your appointment time (**see list on page 2**).
- Do not take any medications which contain caffeine, theophylline or dipyridamole in the 12 hours before your appointment time (**see list on page 2**).
- Do not take any medications of the beta blocker or calcium channel blocker class in the 12 hours before your appointment time (**see list on page 2**).
- If you have diabetes, please do not take your diabetic medicine or insulin on the morning of your test. If you currently check your own blood sugar, please check it in the morning prior to the test. If your blood sugar level is low, please drink 1-2 glasses of your favorite juice prior to coming in for your test. Please bring all of your diabetic medications with you as you will be able to eat immediately after your test is completed.
- All other medications other than those described here may be taken according to your usual routine.
- If you use breathing inhalers, please bring them to the office with you.
- Please do not put any cream, oil or powder on your arms or chest prior to the test. Facial make-up and deodorant are acceptable.
- Please wear slacks or shorts, comfortable walking shoes or sneakers, and a pullover short-sleeve shirt with no metal. Women should not wear dresses, skirts or bras with underwire.

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 of our cardiologists on the day of your MPS to discuss the results and whether further testing or treatment is indicated. Our staff will contact you 1-2 days following your test and tell you whether it is necessary for you to return for a follow-up appointment or to simply follow-up with your family or primary care physician. A copy of the final results and recommendations will be sent to your family or primary care physician.

MEDICATIONS AND SUBSTANCES TO AVOID

Patients should avoid any products or medications listed below for **12 hours prior to your appointment time.**

EXAMPLES OF PRODUCTS THAT CONTAIN CAFFEINE

Drinks:	Brewed coffee Instant coffee Decaffeinated coffee Tea (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)	
Over the counter medications:	Anacin, Excedrin, NoDoz	

EXAMPLES OF MEDICATIONS THAT CONTAIN 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		

EXAMPLES OF MEDICATIONS OF THE BETA BLOCKER OR CALCIUM CHANNEL BLOCKER CLASS

Toprol (Metoprolol LA)	Lopressor (Metoprolol)	Blocadren (Timolol)
Sectral (Acebutolol)	Zebeta (Bisoprolol)	Tenormin (Atenolol)
Inderal (Propranolol)	Cardizem, Dilacor, Tiazac (Diltiazem)	Bystolic (Nebivolol)
Coreg (Carvedilol)	Normodyne, Trandate (Labetalol)	Visken (Pindolol)
Calan SR Isoptin, Covera, Taraka, Verelan (Verapamil)		Corgard (Nadolol)

If you have any questions regarding this test, please call the office at (770-739-0999).