

Heartcare Associates of Connecticut, LLC

Myocardial Perfusion Imaging

Myocardial Perfusion Imaging (MPI) is a non-invasive test that can be done in our office to evaluate the blood flow and function of your heart. It requires two separate intravenous injections of a radioactive tracer to image your heart muscle with a special type of camera. Images will be taken before and after a stress test. A stress test can be done on a treadmill, with medication, or a combination of both. Your EKG and blood pressure will be monitored throughout your stress test.

Nuclear Stress Test Instructions

1. **Please do not eat 2 hours before the test.** You may bring a snack to eat. The technologist will inform you when you may have it.
2. **Avoid all caffeine products for 24 hours** prior to the test-including coffee, tea (including decaffeinated), chocolate, soda, energy bars and energy drinks. Some over the counter medications, such as Excedrin, Anacin, Vivarin and NoDoz, contain caffeine and should be avoided as well.
3. **Wear comfortable clothes and walking shoes** suitable for the treadmill (even if you are not scheduled to walk on the treadmill.)
4. **Be prepared to be in the office for 2.5-3 hours unless your test is scheduled on two separate days.**
5. If you have asthma, bring your inhalers with you and notify the nurse.
6. Aminophylline, Theophylline, Aggranox and Dipyridamole must be stopped 48 hours before the nuclear stress test
7. EXERCISE TREADMILL PATIENTS ONLY:
If you are scheduled to walk on the treadmill, we ask that you **stop taking beta-blocker medications for 24 hours prior** to the test unless otherwise directed by your physician. You may bring the medication with you to take after the treadmill portion of the test. You may take all other medications as usual.

Examples of beta-blockers:

Atenolol (Tenormin)

Metoprolol/Toprol (Lopressor)

Carvedilol (Coreg)

Nebivolol (Bystolic)

Propranolol (Inderal).

Sotalol (Betapace) should never be stopped prior to the test.

If you have any questions, please contact our office **203-407-2500**

**Our office requires a 24-hour notice of cancellation otherwise the cost of necessary materials for the test may become the patient's responsibility.*