

Treadmill Myocardial Perfusion Imaging Test (Two Days)

DEAR _____

This is a letter to remind you of your scheduled appointments for:

Day 1 (rest/stress) _____ and Day 2 (rest/stress) _____.
(date/time) (date/time)

Please check in at:

() MN Heart Clinic
Suite W300
952-836-3770

() Fairview Southdale Hospital
Welcome Desk (1st Floor)
952-924-1450

() Fairview Ridges Hospital
Radiology Dept
952-892-2374

Please complete the attached medication form and bring with you to your appointment.

INSTRUCTIONS FOR BOTH DAYS OF EXAM:

1. Nothing to eat or drink, except water, for two (2) hours prior to the test.
2. Plan 1½ - 2 hours each day of your exam.
3. No Smoking.
4. If you wear a NITRO-PATCH, do not put one on the morning of the tests.
5. If you are diabetic see specific insulin instructions below.

ADDITIONAL INSTRUCTIONS FOR STRESS PORTION OF EXAM:

1. Wear a comfortable 2 piece outfit and comfortable walking shoes.
2. **NO CAFFEINE (or DECAF) FOR 24 HOURS** prior to the stress portion of the exam. Examples: tea, coffee, pop, anacin, excedrin, any chocolate products. Other products/medications may contain caffeine, if in doubt, read the labels or call your pharmacist.
3. Do not take **Beta Blockers** (see list below):
on _____ (day before stress test) and _____ (day of stress test).

BETA BLOCKERS

Acebutolol, Atenolol, Beta-chron, Betaxolol, Bisoprolol, Blocadren, Carteolol, Cartrol, Carvedilol, Coreg, Corgard, Corzide, Dectral, Fumarate, Inderal, Inderal LA, Inderide, Kerlone, Labetolol, Levatolol, Lopressor, Lopressor HCT, Metoprolol, Metoprolol XL, Nadolol, Normodyne, Penbutolol, Pindolol, Propanolol, Propanolol LA, Sectral, Tenoretic, Tenormin, Timolide, Timolol, Toprol XL, Trandate, Visken, Zebeta, Ziac, Bystolic, Nebivolol

DIABETIC INSTRUCTIONS FOR BOTH DAYS OF THE EXAM:

Eat 2 hours prior to appointment times and take a.m. diabetic meds/insulin as usual. If unable to eat breakfast, hold diabetic meds and bring with.

Please be advised that if you are having your procedure performed at the hospital there is the chance that an emergency may arise and your doctor may not be able to start your procedure at its originally scheduled time.

This imaging test is billed as an outpatient hospital procedure. For Fairview pricing, please call 612-672-1048 or contact your insurance company for further information. You will be responsible for charges not covered by your insurance.

If you have no insurance and are self-paying, please call 952-924-8440.