

## Center for Cardiovascular Health

# MIBI Nuclear Treadmill

## Nuclear Medicine Cardiac Perfusion Study with Exercise

### What to expect:

The purpose of this test is to identify areas of the heart muscle that may not be receiving enough blood. The blood flow to the heart muscle is pictured using a radioactive substance known as a tracer (not a dye).

When you arrive, an IV (intravenous) needle is placed in a vein in your arm or your hand. A small amount of tracer is injected. Approximately 60 minutes later, a special camera takes pictures of your heart. You will be asked to lie quietly on your back for 15 minutes while the pictures are taken.

Next, a technician will prepare you for the treadmill portion of the test. A cardiac nurse will monitor your heart rate and rhythm as you exercise on the treadmill. You will be encouraged to achieve a maximum level of exercise. About one minute before this maximum level of exercise, a second dose of tracer is injected.

Approximately 45 minutes after the exercise, you will have additional pictures taken.

There may be mild discomfort during the placement of the IV. The tracer is not expected to cause discomfort or allergic reaction. During exercise you may experience tiredness, shortness of breath, chest discomfort or leg discomfort.

### How to prepare:

- Do not eat food or use tobacco products 2 hours prior to your scheduled appointment. If you are diabetic, please consult with your physician.
- Sips of liquid are okay.
- No caffeinated products for 24 hours prior to check-in.
- Wear flat rubber-soled shoes suitable for walking and comfortable pants or shorts. Women cannot wear a bra during the test as it will interfere with the test. Please do not use lotion or oils to your skin the day of testing.

- Men should be prepared to have their chest hair shaved to improve the quality of the test.
- The chest area will be prepped using gauze soaked with a rubbing alcohol solution to improve ECG signal quality.

### Medications:

- Please bring a list of all medications you currently take.
- If you use inhalers, please bring them with you.
- Please tell your physician if you have asthma or allergies to any medications.
- Some medications may interfere with the test. Please follow your physician's directions on which medications to take on the day of your test.
- Unless otherwise directed, take all medications as prescribed by your physician.

### Where to go:

- Please check in on the 1st floor of the **Buck Pavilion** (Registration)

Date: \_\_\_\_\_

Check-in time: \_\_\_\_\_

After checking in, you will be instructed to proceed to Nuclear Medicine, which is located on the 5th floor, between the Buck Pavilion and the Hospital.

If you have any questions or a change in your health status or you cannot arrive at the scheduled check-in time, please call the Cardiology Lab at **(206) 223-6761**.

**24-hour cancellation notice is very much appreciated.**