

Medical Clinic of Houston, L.L.P.
1701 Sunset Boulevard, Houston, TX 77005
713-526-5511
Nuclear Cardiology – 2nd Floor

Appointment Date: _____ Appointment Time: _____

Nuclear Stress Test

MPI – Myocardial Perfusion Imaging

Your physician has ordered a nuclear diagnostic study of your heart at Medical Clinic of Houston's accredited Nuclear Cardiology Lab. Highly trained and experienced technologists using the latest imaging and computer technology will administer your study.

The study involves the use of a radioactive tracer and a scanning camera that can detect and record images of the tracer throughout your body. The resulting images provide detailed information about the condition and function of your heart that will help your physician determine the type of treatment, if any, you will need.

A very small quantity of the tracer is used in our study, and it will not make you feel any different. The radiation exposure is comparable to other standard X-ray procedures.

Before Your Test: Preparation

Do not drink any caffeine for at least 12 hours prior to your study. Do not smoke, eat or drink (except water) for at least 4 hours prior to your procedure. If you are diabetic, contact your physician regarding your dietary instructions. Certain medications may be temporarily discontinued prior to your study. Please consult your physician for specific instructions about the medications you are currently taking and whether they should be temporarily discontinued. Wear comfortable, loose-fitting clothing (shorts or slacks are recommended). Be sure to wear comfortable walking shoes or sneakers.

A Two-Part Study

The study involves recording two sets of images of your heart: one set will be recorded while you are at rest, and a second set will be recorded after "stress" (either exercise or drug induced). The entire study can be completed in one day (3 to 4 hours) or over 2 days (two 1.5 hour sessions), depending on your body weight.

After Your Test

You may resume your normal activities and medications as instructed by your physician. Your physician will contact you regarding the results of your study.

What to Expect on the Day of Your Test

- First an intravenous (IV) line will be inserted into your arm. This IV will be used during both the rest and stress portions of the study. You will then be given an intravenous injection of the radioactive tracer.
- You will rest approximately 30 minutes to one hour while the tracer circulates through the blood stream to the heart (there are no side effects to the tracer).
- Next, you will be asked to lie flat on an imaging table while pictures of your heart are taken using the nuclear camera. The camera rotates around your chest. It is very important to remain still while the pictures are being taken because any motion will decrease the accuracy and quality of your images.
- The resting pictures take approximately 15 – 20 minutes to complete.
- Approximately, 30 – 60 minutes after your resting images are completed, you will be ready for the stress portion of the exam. Several small pads, called electrodes, will be placed on your chest. (Men may need to have some of their chest hair shaved in order for the pads to adhere properly.) The pads will be connected to an electrocardiograph (EKG) monitor so the electrical activity of your heart can be closely evaluated during the test.
- You will then exercise on a treadmill or have a stress-inducing drug infused through your IV. If you experience any unusual symptoms such as shortness of breath, chest or arm pain, or lightheadedness at any time during the stress test, tell the technologist immediately.
- At your peak "stress" the technologist will inject the "stress-dose" of the tracer into your IV. You will then be asked to rest for several minutes while the technologist monitors your recovery.
- Before the last set of images is taken, you will have another 30 – 60 minutes to wait before the last set of images while the tracer circulates through your bloodstream to your heart. At this time (if you are not required to fast for any other appointments at the Clinic), you may now eat or drink.
- You will then be asked to lie flat on the imaging table a second time while "stress" pictures of your heart are taken using the nuclear camera. These pictures will also take about 15 – 20 minutes.
- Prior to or upon completion of the imaging, the IV line will be removed from your arm. You should not leave the Clinic with the IV still in your arm.

Please remember to not have caffeine or decaf products at least 12 hours prior to your scheduled appointment!

Other Services Available at MCH

Using some of the most advanced imaging technology available, Medical Clinic of Houston offers a wide variety of digital imaging services including Mammography, MR, CT, Ultrasound, Bone Density, Sleep Studies, and general X-Ray.



Sleep Disorders Center

Medical Clinic of Houston Sleep Disorders Center is a comprehensive program that brings technical excellence and medical expertise to the diagnosing and treatment of sleep disorders.

The Center offers a wide range of services such as diagnostic studies, continuous positive pressure and bi-level positive pressure titration studies, split-night studies, multiple latency sleepiness test, and maintenance wakefulness testing. All studies are performed and interpreted according to the American Academy of Sleep Medicine's standards to ensure the highest quality of care. Patients are monitored with state-of-the-art equipment in a private, quiet, home-like setting. All rooms are wheelchair accessible. We appreciate the importance of a good night's sleep and know how imperative sleep is to live a healthy life.



Nuclear Stress Test



Pre-travel Evaluations

To meet the health needs of the global traveler, we provide pre-travel evaluations in order to identify health risks and evaluate a patient's fitness for travel – thus minimizing the risk of health problems abroad in an unfamiliar healthcare delivery system. We also offer vaccinations required for entry by most foreign nations.



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1701 Sunset Boulevard, Houston, Texas 77005
MCH Main Number: 713-526-5511
Sleep Disorders Center: 713-807-4800

Please visit us at our website, www.mchllp.com,
for more information about Medical Clinic of Houston!