

Nuclear Medicine Patient Information

Myocardial Perfusion Imaging (MPI)

Welcome to VCU Health Nuclear Medicine. We are located in the Gateway Building, 2nd floor, 1200 East Marshall Street. Our hours of operation are Monday through Friday, 7 am to 5 pm. Advanced scheduling is required for all nuclear medicine exams. Please review the following information about your test. Please call (804) 828-6828 to schedule your test or if you have any questions about your nuclear medicine exam.

What is it?

Imaging study to measure the blood flow to your heart muscle at rest and/or at stress on the heart.

Why are you having this test?

Your doctor may recommend a nuclear stress test to:

- Diagnose coronary artery disease (CAD)
- Look at the size and shape of your heart
- Guide treatment of heart disorders
- Assess chest pain (Angina)

Preparing for the test

- DO NOT eat for 4 hours prior to your test.
- DO NOT consume Caffeine or Decaffeinated beverages and/or food for 12 hours prior to your test. (Ex. Coffee, tea, soda, chocolate, decaf coffee or tea, energy drinks, etc.)
- You *may* drink water up until your test begins.
- You *may* drink juice up to 2 hours before your test begins.
- Your Physician will instruct you regarding the use of medications before the test.

NOTE: Patients with diabetes should ask for specific diet/medication guidelines to control glucose during the day of your test.

NOTE: Some medications may contain caffeine, please consult your pharmacist.

- Please dress comfortably for your stay in our department.
- Bring a picture ID and insurance information.

- Bring with you a current list of medications (including Over the Counter, Herbal, Vitamins, Supplements, etc.) and current allergies.
- Please arrive 15 minutes before your scheduled appointment.

What to expect during the test

- The test will take 3 - 6 hours. Your test may require 2 days of imaging.
- A needle (IV) will be placed in a vein (intravenous catheter).
- A radioactive tracer will be administered through the IV.
- You will be asked to drink 2 – 3 glasses of water prior to imaging.
- You will lie down while the camera takes pictures of your heart. Depending on the type of exam, imaging times will vary.

After Care Information

- You may return to all your normal activities.
- Most of the radioactive tracer leaves your body through your urine. Drinking extra fluids may help the tracer leave your body faster.

Contact information if questions or concerns

- Any Questions: Please contact us at (804) 828-6828 and ask to speak to a Nuclear Medicine Technologist. After hours, please call (804) 828-3699.

Follow-Up Care after the procedure

- Results will be available in 1-2 business days.
- For Results: Please contact the Physician that ordered your test.

NOTE: If this is a follow-up from an Emergency Room visit, you will receive a letter within 2 weeks.