

TREADMILL MYOVIEV INSTRUCTION SHEET

- The first part of the procedure will take approximately 2 hours.
 - You will have electrodes placed on your chest that will allow us to monitor your heart rhythm during the test.
 - An intravenous line (IV) will be started in your arm and an injection of a Radioisotope, also called a radioactive tracer, will be given. This tracer is a safe, low-level radioactive substance that travels through the blood stream to the arteries that supply blood to the heart.
 - Approximately 45 minutes later, you will be placed under a special camera or scanner to visualize the radioactive tracer and obtain the first set of images of your heart.
 - Next, you will walk on a motorized treadmill to accelerate your heart rate.
- Approximately 3 hours later you will return to the office for the final set of images, which will take approximately 15 minutes.

There are no driving restrictions before or after the test. You will usually receive test results within 5-7 business days. However, if the test results show a serious abnormality, you will be notified as soon as possible.

The imaging agent utilized for this test must be specially ordered; therefore, it is very important that you contact us immediately if you are unable to come on the date and time scheduled. Please see the Cancellation Policy.

Please follow the instructions listed below:

- Bring a list of your current medication including dosage and frequency.
- Do not eat or drink anything for 4-6 hours prior to the test, except for water. Hold **CAFFEINE and DECAFFEINATED** products 24 hours prior to this test. (*See the attached list of restrictions*).
- Wear comfortable clothing and walking shoes.
- Follow the diabetic instructions.
- Continue to take all of your medication as directed.
- If you have further questions, feel free to contact our office at 260.481.4820.