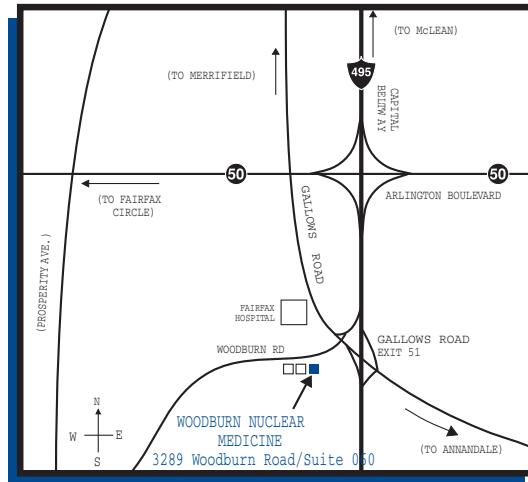


## Welcome to Woodburn Nuclear Medicine!

Your physician has referred you for a Stress Myocardial Perfusion Exam. Our goal is to provide the best possible medical care for you and your family. Patient care is our top priority. Our staff is available to answer questions and ensure your comfort before, during, and after your exam. Your physician will also be able to answer additional questions you may have about your exam.

***Our facility is conveniently located and is wheelchair accessible.***



### Directions :

#### Route 495 South: Exit 51 (Gallows Road)

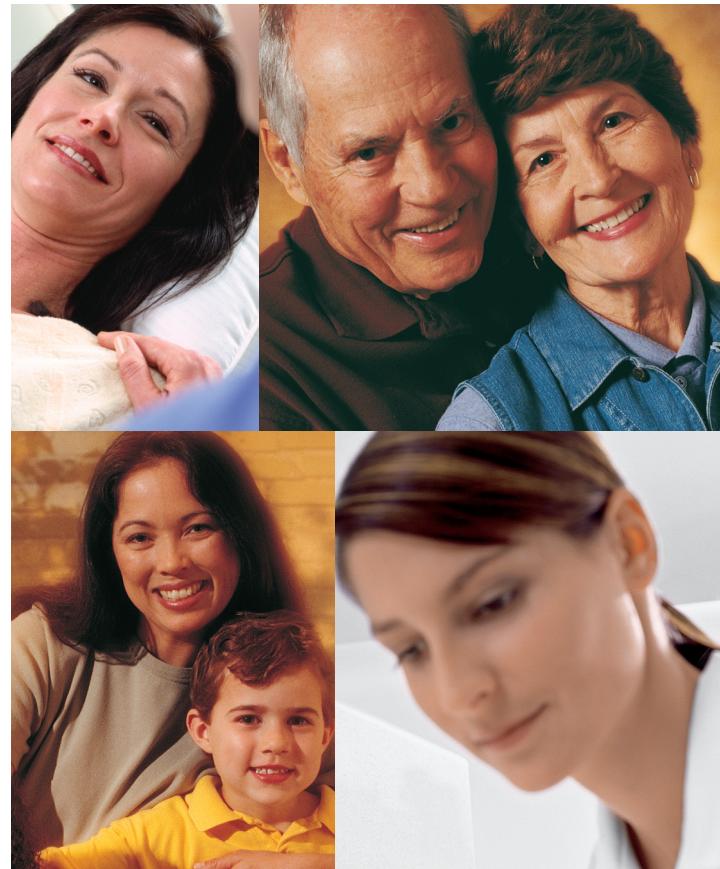
Proceed straight across Gallows Road onto Woodburn Road to the first building on the left.

**Route 495 North:** Exit 51 (Gallows Road) Turn left onto Gallows Road then left onto Woodburn Road to the first building on the left.

**Woodburn Nuclear Medicine  
Metro Region PET Center**

 3289 Woodburn Road • Suite 060  
Annandale, VA 22003  
Phone: (703) 698-0666 • Fax (703) 573-6120  
[www.woodburnmed.com](http://www.woodburnmed.com)

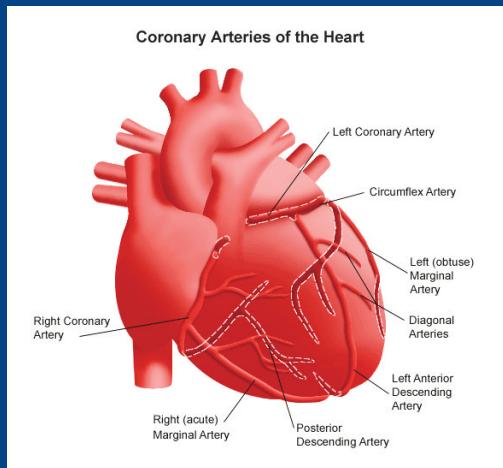
## Myocardial Perfusion Imaging at Woodburn Nuclear Medicine



Patient Name: \_\_\_\_\_

Appointment Date/Time: \_\_\_\_\_

 **Woodburn Nuclear Medicine  
Metro Region PET Center**  
**Phone: (703) 698-0666**



## What is Myocardial Perfusion Imaging?

The heart receives blood and nutrients from blood vessels called coronary arteries. If these arteries become narrowed or partially blocked by plaque, the heart cannot work at its best. This is called coronary atherosclerosis or coronary artery disease (CAD).

When additional work is placed on the heart, it must pump faster. To do this, the heart muscle itself requires more blood. The pictures taken of your heart reflect the blood flow to the heart muscle. When increased work demand or stress on the heart occurs in the presence of CAD, the heart does not receive the blood it needs.

This may cause chest pain or angina and may progress to a heart attack (myocardial infarction). Myocardial Perfusion Imaging provides information to your physician that is useful for detecting the presence and extent of coronary artery disease and the health of the heart.

## Why am I having this exam?

Your doctor would like to evaluate your heart and assess blood flow to your heart muscle.

## How long does this exam take?

The exam takes approximately 2-4 hours to complete.

## Is there any special preparation I need to follow?

Yes, we ask that you do not eat 6 hours prior to your exam. Do not eat or drink any caffeinated products such as coffee, tea, soda or chocolate 24 hours prior to the exam. Your doctor may ask you to discontinue certain medications prior to the exam.

## Should I wear special clothing?

We recommend loose fitting exercise clothing.

## What do I have to do during the test?

When you arrive the technologist will speak with you and get a brief medical history. After that, he/she will place ECG pads on your chest and perform an ECG on you.

## What if I am diabetic?

If you are diabetic, please ask your physician for special instructions.

## Do I have to sign any forms?

Yes, the technologist will explain the procedure to you and you will be asked to sign a consent form before the test.

## What happens during the test?

The technologist will place ECG pads on your chest to closely monitor your heart and a small IV will be inserted into a vein.



## What kind of exercise will I perform?

Depending on your doctor's order, you will either exercise on a treadmill and walk/run or you will receive a medicine that is injected into your IV that will increase the blood flow to your heart. During your exam, a team consisting of a technologist and a physician will coach you and monitor your ECG and blood pressure.



## Is there any radiation involved?

Yes, you will receive two injections of a radioactive tracer, via the IV. The first will be during your exercise phase and the second when you are resting. The radiation exposure from the combination of these two injections is less than that from a CT scan. A large majority of the tracer is eliminated within hours with no side effects.

## When do I have the pictures taken?

Your images will be acquired at rest and at the end of your exercise. Each set of images will take approximately 20-25 minutes. You will be lying on the imaging table and a camera will rotate around your chest area. It is very important that you remain very still while the camera acquires the images. Any movement can cause artifacts and may make it necessary to redo the images.

## When will I get the results?

Your physician will receive the results within 24 hours.

## What if I have more questions?

Additional specific details regarding your exam will be clearly explained to you upon your arrival at the lab.