

PATIENT INFORMATION SHEET : MYOCARDIAL PERFUSION TEST

Name: _____ Appointment Date/Time: _____

This study evaluates extent of blood flow to the heart muscle. We also may look at how well the walls of your heart are moving and thus pumping the blood.

Usually this study has two parts, one that allows us to view the heart while you are resting, and the other that shows the heart while you are exercising. The doctor may request only one or the other.

For patients who are unable to perform adequate exercise or in whom there is contraindication for exercise stress test (as determined by referring cardiologist / physician), there will be no physical exercise required. Instead, a drug will be used to simulate stress test (pharmacological stress).

Mostly, both studies are done in one day; while sometime, they are performed on two separate days.

Treadmill / Stress Study ⇔ Break (Approximately 4-Hour Wait) ⇔ Rest Study

Preparation:

- Please have light breakfast approximately 3 to 4 hours prior to examination.
- Please refrain from consuming any food and drinks that contain any caffeine (such as: tea, coffee, chocolate, colas, aspirin), and smoking on the day of examination.
- Please bring along a list of all medication on the appointment day.
- Please wear comfortable clothing and walking or running shoes, suitable for the tests.
- Please inform the doctor if the patient had any chest pain for the past 24 hours.
- Please inform the doctor if the patient encounter any of the following symptoms during the examination:
 - ▶ Chest pain
 - ▶ Chest tightness
 - ▶ Light headedness
 - ▶ Giddiness
 - ▶ Fatigue
 - ▶ Severe leg pain
- Please arrive punctually at the appointed time so that a maximum benefit from the radiopharmaceutical can be obtained. Please inform us in advance if patients are unable to come at the appointed time for the examination.

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病人须知:

- 病人可吃简单的早餐,但必须在检验前三小时.在检验当天,不可喝含咖啡因之饮料如咖啡,茶,巧克力,可乐,也不可以抽烟.
- 请穿适合跑步或行走之衣服及运动鞋.
- 在检验日,请将服用之药物或药物名单带来.
- 病人必须经过以下程序:
 - 1) 活动平板跑步 → 动态扫描.
 - 2) 休息大约四小时
 - 3) 静止注射 → 静止扫描

整个程序将达八个小时,如以下所列:

- 早上约两小时
- 休息四小时
- 下午约两小时
- 倘若病人不能完成适量运动,或是对加压运动测试有禁忌者将不必做体能运动(这将由心脏专科医生或主治医生做决定).但是,病人必须接受一种能刺激心肌的药物来进行测试.
- 倘若在进行测试前两小时内有胸口疼,必须通知医生.
- 在进行过程中,倘若有下列症状,病人必须立刻通知医生.
 - a. 胸口疼
 - b. 胸部紧
 - c. 轻微头疼
 - d. 头晕
 - e. 疲劳
 - f. 严重脚或足部痛
- 请在预约日准时到达,这将能够顺利展开测试前之准备工作.
- 倘若不能如是到达,请在测试前通知我们.
- 若有疑问,请电68361318查询.