



VIRGINIA HEART

Excellence in Cardiovascular Care

Myocardial Perfusion Imaging (MPI) Stress Test Patient Instructions

The total test takes approximately three to four hours to complete and is performed in multiple stages. To ensure the highest quality of testing, all instructions must be followed.

Preparation for the Test:

- Fasting is required. You may not eat anything after midnight of the previous day. However, if your test is scheduled after 12 pm, you may eat a piece of toast and drink a glass of juice prior to 6 am.
- Drink plenty of water and make sure you are well hydrated before the test.
- Do not smoke or use any tobacco or nicotine products 12 hours prior to the test.
- No caffeine 24 hours prior to the test. This includes coffee, tea, chocolate, soda, energy drinks and decaffeinated products.
- Wear a comfortable, two-piece outfit and athletic or rubber-soled shoes.
- Do not apply lotions, powders or oil on the skin the day of the test, and refrain from wearing any perfume or cologne.
- *Persantine, Dipyridamole, Theodur, Theophylline, Aggrenox, and/or Trental*, need to be held for 48 hours by all patients prior to **any** nuclear test.
- If you take insulin or any other medications for diabetes, do not take your morning dose. Bring it and a light snack with you or contact your endocrinologist for advice. Diabetic patients will be scheduled for the first appointments of the day.
- Marked below are additional medication instructions specific to the test ordered by your physician. Only follow the instructions next to the box that is marked:

MPI EXERCISE:

[x] **DO NOT** take your beta/calcium channel blocker medication for 24 hours prior to the test, unless instructed by your physician.

- Common names for these medications include Carvedilol, Metoprolol, Atenolol, Diltiazem, and Verapamil.

If there is any uncertainty, do not take these medications and instead bring them with you to take as soon as the test is complete.

What to Bring:

- **Current Medications List.**
- **Your insurance card.** Without it, you will be asked to sign a waiver stating your responsibility for payment of the test.
- **Insurance Referrals.** If you are not sure your insurance requires a referral, please contact your primary care physician.
- **Pre-Certification.** Certain insurance plans require preauthorization for this test, including some PPO plans. Preauthorization needs to be obtained by the ordering physician's office at least one week prior to the test (CPT test code **78452**) to ensure the authorization can be obtained.
- **Prescription Order.** If any physician other than your cardiologist ordered your test, a prescription order with the name of test and diagnosis is needed for the test to be performed.

Paperwork:

New patients (or those who haven't been seen in the last 2 years) are required to fill out the Patient History and Patient Privacy forms. You may complete this paperwork at our website (VirginiaHeart.com) prior to your visit or in the office the day of your test.

Women will be asked to sign a disclaimer that they are not pregnant. Any woman who thinks she may be pregnant (or who cannot exclude the possibility) should let us know prior to the day of the test, in order to schedule a B-HCG qualitative pregnancy test.

**Appointments canceled within 24 hours will result in a \$200 cancellation fee.
Failure to comply with any of the above will result in the rescheduling of your appointment.**