

THE HEART GROUP DIAGNOSTIC IMAGING CENTER

Lancaster Medical Center, Suite 104
217 Harrisburg Avenue
Lancaster, PA 17603-2962
(717) 481-7384
Fax (717) 397-6888

Rest/Exercise MUGA Scan

Name: _____ Date of Test: _____ Time of Test: _____

Please read this information carefully.

This sheet explains the diagnostic test your physician has prescribed for you.

DESCRIPTION: You will receive a radioactive material called Technetium 99m which will be labeled to your red blood cells.

PURPOSE: The study is performed to detect areas of damage from heart attacks, presence of coronary artery disease or to evaluate chest pain.

PREPARATION: No food 4 hours prior to your test. You may take your morning medications with a small amount of water or juice. If you are diabetic and use insulin, please take 1/2 of your regular insulin dose with fruit juice and toast at least 2 hours prior to your appointment. **NO CAFFEINE 12 HOURS PRIOR TO YOUR TEST** (this includes decaffeinated coffee, tea, soda and hot chocolate).

If you are taking the following medications, they must be discontinued for 12 hours prior to your test. Any medication starting with ISO or has the word nitrate within it up to and including the following list...

Isordil, Diltrate SR, Isobid, Isonate, Isorbid, Isosorbide, Sorbitrate

Imdur, Ismo, Isorate ER, Monoket

Nitroglycerine, Nitrobid, Nitrostat, Nitroguard, Nitrol, Nitroquick

Nitrodur patch, Deponit, Minitran, Nitrak, Nitrocine, Nitrodisc and Transderm-Nitro

Prescription Drugs Containing Caffeine: Cafergot[®](all forms), Esgic[®](all forms), Fioricet[®], Fiorinal[®](all forms),

Norgesic[™] and Norgesic Forre[™], Synalgos[®]-DC, Wigraine[®](all forms)

OTC Drugs Containing Caffeine: Anacin[®], Excedrin[®], No Doz[®]

If you are taking the following drugs containing Theophylline, they must be **discontinued for 24 hours prior** to your test:

Aeorlate, Constant-T[®], Elixophylline[®], Primatene[®](tablets), Quibron[®](all forms), Respid[®], Slo-bid[®],

Slo-Phylline[®], T-PHYL[®], Tedral[®]SA, Theo-24[®], Theoclear[®], Theo-Dur[®], Theolair[®], Theo-Organidin[®],

Theo-Sav[®], Theosat[®], TheoX[™], Persantine, Dipyridamole

If you are taking the medication Aggrenox, it must be **discontinued for 48 hours prior** to your test.

Failure to hold these medications will result in your study being rescheduled at another time.

PROCEDURE:

1. When you arrive for your study, you will be asked to read and sign a consent form for the exercise study.
2. You will first receive an injection of medicine called PYP, which allows us to label your red blood cells. After this first injection we will wait 15 minutes before the second injection.
3. EKG electrodes will be placed on your chest and connected to an EKG machine. EKGs will be taken before, during and after the exercise portion of your test to monitor your heart rate and rhythm.
4. A butterfly IV needle will be inserted in a vein in your arm and 2cc of your blood will be withdrawn into a syringe which contains the radioactive isotope, Technetium, and a blood thinner. Your blood will be kept for 15 minutes.
5. The stress test technologist will obtain your medical history and current medications. Please bring a list of your current medications and dosages.
6. Your blood will now be re-injected through the needle in your arm and the needle will be removed.
7. Two resting images are then performed. These will average 2-4 minutes per picture. You will be laying on your back on the exercise table while the images are being taken. This also includes exercise pictures.
8. You will then be positioned on a bicycle and a two-minute baseline will be performed.
9. You will be asked to pedal on the bicycle until your maximum heart rate is achieved or until chest pain or leg fatigue occurs. The length of your rest will vary with your tolerance to exercise. The average time is 8-12 minutes. We will increase the tension on the bicycle every three minutes to increase your workload. Stress images on the camera will be taken for two minutes during every three minutes of exercise to determine your ejection fractions and heart motion. These images will be compared to your baseline image taken prior to exercise.
10. After exercise you will continue to be monitored with EKGs until your heart rate and blood pressure return to normal.
11. Upon completion of your study, you may see your doctor or return another day for your results.

If you are pregnant or currently nursing, please inform your doctor or technologist before this study is performed.

PLEASE NOTE:

If you are unable to keep your appointment, a 24-hour notice will be required. The radioactive isotopes are ordered just for you and your study. If you must cancel your appointment please call 481-7384 between 7 am and 4:00 pm or 397-5484 between 8:30 am and 6 pm. If no notice of cancellation is given, you may be required to pay for the materials which have been ordered on your behalf.

This cost could be as high as \$200; which will not be covered by insurance.