



You are scheduled for a \_\_\_\_\_

# Myocardial Perfusion Exercise Study



## Directions

The Reading Hospital Regional Heart Center is located on the first floor of N-Building at our West Reading campus. You access N-Building from 5th Avenue at the traffic light; this driveway is marked with a large green sign that indicates parking for the 5th Avenue Garage, as well as the entrances for N-Building and R-Building.

## Parking & Entrance

- You will be given a Regional Heart Center parking tag in advance of your appointment. Please hang this tag from your rearview mirror.
- Use the 5th Avenue entrance to our West Reading campus.
- For FREE valet parking, patient drop-off, or assistance, follow the driveway straight back and beneath the building to the valet station. The station will be marked in blue; our valets wear blue shirts.

- If you prefer to park your own car:
  - make the 1st left turn into the 5th Avenue Garage.
  - proceed up one level.
  - use reserved parking spaces marked with red Regional Heart Center symbols that match the symbol on your parking tag.
  - enter through the double glass doors on the left to the Regional Heart Center.
  - follow the hallway straight ahead and turn right at the brick wall.
  - take the next left turn into the registration area for the Regional Heart Center.

date: \_\_\_\_\_

time: \_\_\_\_\_

report to: Regional Heart Center  
N-Building, 1st Floor



**The Reading Hospital  
Regional Heart Center**  
PO Box 16052  
Reading, PA 19612-6052

Located at: Sixth Avenue and Spruce Street,  
West Reading, Pennsylvania

Visit our website  
[www.readinghospital.org](http://www.readinghospital.org)



**The Reading Hospital  
Regional Heart Center**

Your doctor has scheduled you for a myocardial perfusion exercise study. This brochure explains the procedure so you know what to expect.

## ABOUT MYOCARDIAL PERFUSION EXERCISE STUDIES

Exercise testing allows your physician to study your heart's ability to receive and use oxygen during physical activity. Monitoring your heart rhythm and blood pressure while you exercise provides information to help determine if you have a heart problem.

This test is part of a total evaluation of your heart function. The myocardial perfusion portion of the test will provide additional information about your heart.

IF YOU ARE UNABLE TO WALK ON A TREADMILL, ARE UNABLE TO RAISE YOUR LEFT ARM ABOVE YOUR HEAD, OR ARE OR MAY BE PREGNANT, PLEASE CALL 610-988-8052.

## PREPARATION

On the day of your test, please follow these instructions:

- Eat a light, low-fat meal prior to your appointment.
- **You may drink liquids as long as they do not contain caffeine.**
- Continue taking your scheduled medications.
- PLEASE BRING A LIST OF YOUR MEDICATIONS WITH YOU.
- Wear comfortable clothing; slacks, sweatpants, or shorts are preferred. Ladies should wear comfortable undergarments; a long-lined bra is not recommended.

- Wear comfortable shoes or sneakers.
- It is helpful if you arrive a few minutes earlier than your scheduled time to allow for check-in.

## REGISTRATION

When you arrive at the Regional Heart Center, please check in at the registration desk. You will verify personal and health benefits data, and will be asked for your list of current medications.

You will also be given a consent form to read carefully and then sign.

**A note to inpatients: while you are hospitalized, your nurse will guide you through all preparations, and will arrange for your transportation to and from the Regional Heart Center.**

## PROCEDURE

**Part One:** First, you will have an intravenous (IV) line inserted in your arm. While resting on a litter, you will have images taken of your heart. This part of the test takes 60 minutes.

**Part Two:** You will be directed to a changing area, where you will don an examination gown over your shorts or slacks. Please remove necklaces, chains, and medals.

You will then be escorted to the procedure area. After lying down on a litter, you will have gel pads attached to your chest in order to have an EKG study of your heart done.

Then, you will be escorted to the exercise area. The gel pads will now be connected to the monitor used during the test. A cuff will be placed on your arm to monitor your blood pressure. This information will tell the

physician how well your heart responds to different physical demands.

Then you will be asked to exercise by walking on the treadmill. As the test progresses, the treadmill increases in speed and incline at regular intervals.

A cardiologist – a physician specializing in the study and care of the heart – will be present. If you experience unusual symptoms at any time, tell the cardiologist or technologist immediately.

Approximately one minute before the exercise ends, a special medication will be injected into the IV tubing.

When the exercise session is finished, the IV line will be removed, and you can change into your own clothing.

**Part Three:** You will then return to the same imaging area as before. Another series of images, lasting about 30 minutes, will be taken.

When you are finished, you may return home, and resume all of your normal activities.

## FOLLOW-UP

The results of your myocardial perfusion exercise test will be sent to your personal physician, who will discuss the findings with you at your next appointment.

**If you have any questions, or need to cancel your appointment, please call 610-988-8052.**

