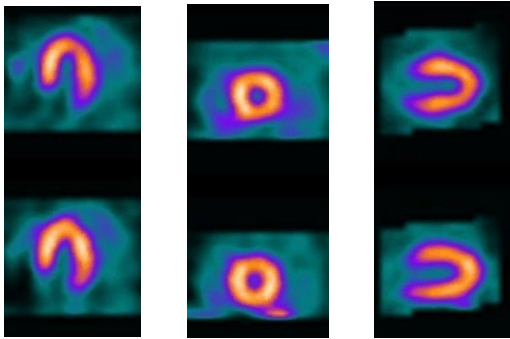
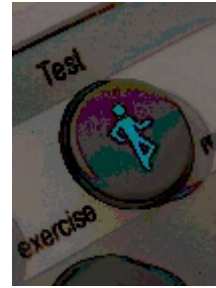
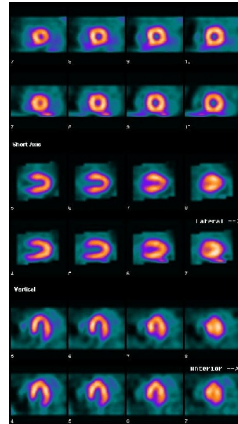


WHAT IS A EXERCISE MYOVIEV STRESS TEST?

- ◆ How should I prepare for this test?
- ◆ What can I expect during The test?
- ◆ Answers to common questions.



WHAT IS AN EXERCISE MYOVIEV STRESS TEST?



The Exercise Myoview Test involves the combination of treadmill exercise with two (2) pictures of the heart. This helps evaluate the adequacy of the blood supply to the heart muscle at stress and at rest.

The heart muscle receives blood from vessels called coronary arteries. If these arteries become partially blocked or narrowed, the heart muscle may not receive the blood it needs to function properly. This narrowing of the coronary arteries is called coronary artery disease (CAD).

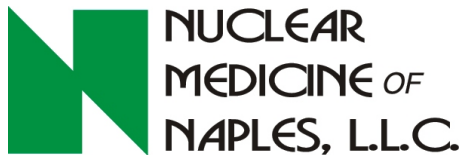
With CAD, the heart muscle may not receive sufficient blood resulting in chest pain called angina or other symptoms, or may not produce any outward physical signs of the problem. An exercise Myoview study is useful in detecting the presence of CAD.

2 days, or may be performed in 1 day. You will be informed of your schedule by your doctor's office or at the time of booking your appointment.

You may have a very light breakfast 2 hours prior to testing on both days, water or juice any time the morning of both days. **NO CAFFEINE** (No tea, regular or De-Caff coffee, or other **CAFFEINE-CONTAINING PRODUCTS**) 24 hrs prior to the stress portion of the test.

You should bring shorts, jogging pants or comfortable exercise clothing and shoes (preferably running shoes) appropriate for exercise on a treadmill. **LADIES: PLEASE WEAR A TWO PIECE OUTFIT, NO DRESSES or UPPER BODY LOTIONS.**

Your Physician may decide to temporarily discontinue certain heart medications prior to the test. These are discontinued because they may offset the effectiveness of the test. **DO NOT STOP** any medication on your own without checking with your physician. If you were informed by your physician to stop any medication, you may resume taking your medications following the exercise portion of the test and throughout the remainder of the test.

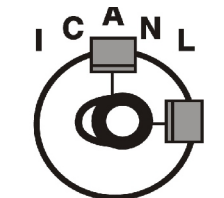


WHAT CAN I EXPECT DURING THE TEST?

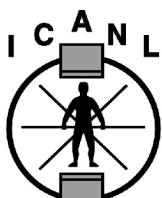
Prior to the test, you will be asked to sign a consent form. Please read it carefully and if you have any questions, do not hesitate to ask the technologist or the physician supervising the test. He or she can explain the entire procedure before it begins.

The "Rest" Images require a tiny arm vein infusion of Myoview while sitting. You will be asked to return in 1/2 - 1 hour for pictures of your heart. If you are having a 2 day procedure, you will be able to leave after these pictures are taken and return the next day for the second portion.

Upon returning the next day (if a 2 day procedure) or after the "resting" images have been taken, several electrode pads will be placed on your chest prior to exercise. These pads will be connected to



Nuclear Cardiology
Accredited Nuclear
Cardiology Laboratory



Nuclear Medicine
Accredited Nuclear
Medicine Laboratory

ICANL Accredited Facility since 1999

HOW SHOULD I PREPARE FOR IT?

The Exercise Myoview Test is usually divided over

an electrocardiogram (ECG) monitor so your heart rhythm can be watched closely throughout the exercise test.

Also, a small intravenous catheter will be inserted into your arm vein and used to infuse the Myoview into your blood stream when you reach your maximum level of exercise. The IV will be removed when the exercise test is completed.

You will exercise by walking on a treadmill, which increases its speed and grade in 3 MINUTE stages. As exercise increases, your heart rate and blood pressure will rise. This is a normal response and they will be monitored along with your ECG.

You will be encouraged to exercise for as long as you can because this increases the effectiveness of the test. If you experience any symptoms at any time, such as chest pain, shortness of breath or lightheadedness, immediately tell the individual monitoring the test.

The Myoview radioisotope will be infused through the intravenous approximately 1 minute prior to the end of exercise. The Myoview is carried by the blood to the heart muscle. If blood flow is limited due to CAD, then the amount of Myoview into your heart muscle may be reduced.

You may leave the facility after exercising but will be asked to return in 1/2 - 1 hour for pictures of your heart. You will have to lie down on a special table and a gamma camera will detect and photograph the Myoview which has concentrated in your heart muscle. The camera is positioned close to your chest and rotates slowly around you taking pictures and it is VERY IMPORTANT to lie as still as possible.

The second set of pictures will be compared with the first set to assess the blood supply to your heart muscle during exercise and at rest.

A written report will be sent to your doctor upon completion of the test. Your doctor will then explain the test results to you.

A NSWERS TO COMMON QUESTIONS

How long will the test last?

2 Day Protocol: If you are having the procedure in 2 separate days, the test lasts approximately 1 - 1 ½ hours each day.

1 Day Protocol: If you are having the procedure all in one day, allow 3 to 4 hours for the test.

How much radiation is involved?

The injection of Myoview results in a radiation exposure to your body of approximately 5.0 mSv (SV is a unit of measurement for radiation exposure), and will be gone from the body within 1 day.

In comparison, the amount of radiation you already receive from all naturally occurring sources on an annual basis from food, air, water, ground and fall out is approximately 3.0 mSv.

What is the risk factor for the exercise test?

The exercise portion of the test constitutes a risk factor equivalent to 1,000 miles of highway driving. Furthermore your physician has decided that the benefits of this test far outweigh the risks involved.

When can I start taking my heart medicine again?

You can take your heart medication after completion of the exercise portion of the test.

Will I be able to drive after the test? Yes.

Are there any adverse reactions to Myoview?

An adverse reaction to the Myoview is extremely rare. **MYOVIEW IS NOT A DYE, IT CONTAINS NO IODINE.**

Are there any contraindications?

If you are pregnant or there is a possibility you may be, or if you are breast-feeding, the Exercise Myoview test may be inappropriate for you at this time.

Will I be Enclosed within the Scanning Machine?

No. Your head will not be placed under the machine at any time.

YOUR APPOINTMENT INFORMATION

DATE: _____

TIME: _____

Directions:

599-9th Street St. N., Suite 211
SW Corner of 6th Ave. N & Hwy. 41
(west side of Hwy 41{ Tamiami Trail})
in TIB Bank Building. - (3 story orange Building.)



Phone: 239-263-8001