

# MPS STRESS TEST

## **Purpose:**

This is a diagnostic exam used to help determine if coronary artery disease is present.

## **How long will this procedure take?**

Allow 3 to 4 hours for this procedure.

## **Preparation:**

1. So that you will not become light headed during this procedure, it is recommended that you eat a light meal 3-4 hours prior to the exam.
2. Withhold all **caffeine** for 24 hours prior to the test (this includes **decaffeinated** products because they *do* contain a small amount of caffeine). Examples to avoid are coffee and tea, chocolate and soft drinks (colas, Dr. Pepper, Mountain Dew, root beer), and medications with caffeine such as Anacin and Excedrin.
3. Medications:
  - A. Nitroglycerine: Screening for Coronary Artery Disease with treadmill or Persantine stress testing is best done without Nitroglycerine therapy. Check with your physician regarding discontinuing the nitroglycerine 12 hours prior to your stress test.
  - B. Check with your physician **prior to** the exam regarding other medications.

## **Procedure:**

1. You will walk on a treadmill for this exam; wear comfortable 2-piece clothing and walking shoes.
2. Refer to the "Myocardial Perfusion Stress Test" brochure for additional information.

## **After the examination:**

A report will be sent to your physician within 24 hours. You may resume regular meals and medications after completion of the examination.