



You have been scheduled for a **Treadmill Myoview Myocardial Perfusion Study**

<b>Appointment Date</b>	
<b>Arrival Time</b>	

You have been scheduled for a **Treadmill Myoview Myocardial Perfusion Study**.

You will be required to walk on a treadmill. If you are unable to walk, please contact your ordering provider. This test will take most of the morning so please plan accordingly. **If your weight is greater than 200 lbs**, you will be asked to return a second day for more filming.

#### **PREPARING FOR THE TEST**

1. **No COFFEE, TEA, CAPPUCCINO, DECAFFEINATED COFFEE, CHOCOLATE, COCOA**, or any food containing caffeine for 24 HOURS prior to the test. Examples of food/beverages to avoid are on the back of this paper.
2. **Do not smoke, drink, or eat (4) hours** before the test, unless you are diabetic. Please note: If you are a diabetic, take only ½ of your morning insulin or oral diabetic medication. Also please eat a light breakfast at least 2 hours before the test. An example of a light breakfast would be: toast, juice, broth, and jello.
3. Please bring a list of your medications.
4. Wear comfortable clothing and walking shoes. **No slippers, sandals, or high heeled shoes should be worn.** Avoid excessive use of body lotion or bath oils before the test.
5. Please report to Patient Registration in the hospital main lobby about 10 minutes before your first scheduled test.

## **PRETEST INFORMATION FOR PATIENTS**

### **Substances to avoid**

#### **DRINKS CONTAINING CAFFEINE:**

Brewed coffee	Pepsi®
Instant coffee	Diet Pepsi®
Decaffeinated coffee	Regular colas
Brewed tea	“Caffeine-free” colas
Iced tea	Dr. Pepper®
Decaffeinated tea	Mr. Pibb®
Instant tea	Mellow Yellow®
Coca-Cola®	Mountain Dew®
Diet Coke®	Diet Mountain Dew®
Tab®	Cocoa
Surge®	Some Orange Sodas
Chocolate Milk or chocolate syrup	

#### **FOODS CONTAINING CHOCOLATE:**

- Ice cream
- Candy
- Yogurt
- Mousse
- Baked goods
- Cocoa
- Pudding

#### **PRESCRIPTION DRUGS CONTAINING CAFFEINE:**

- Cafergot® (all forms)
- Esgic® (all forms)
- Fioricet®
- Fiorinal® (all forms)
- Norgesic™ and Norgesic Forte™
- Synalgos® – DC
- Wigraine® (all forms)

#### **OTC DRUGS CONTAINING CAFFEINE**

- Anacin®
- Excedrin®
- No Doz®

If you have any questions, please call Central Scheduling at the hospital at 815-625-0400, Extension 5550.

Thank you,  
Cardiology Department @ CGH Medical Center