



- Check in at the Cardiac Diagnostic Centre on the 1<sup>st</sup> floor.
- If you must cancel, please give at least 24 hours notice.
- If you are travelling outside of the country after your test, see your technologist or nurse for documentation.
- Please bring all your medications with you. All medications will be restarted immediately after your test.

PATIENT NAME: \_\_\_\_\_

APPOINTMENT DATE & TIME: \_\_\_\_\_

## Instructions for Stress Myocardial Perfusion Test

NUCLEAR SPECT:  Exercise or  Persantine or  Dobutamine

CARDIAC PET:  Persantine or  Dobutamine

**PLEASE NOTE: Your test may be cancelled if you do not follow these preparation instructions.**



### What can I eat?

**For 24 hours prior to your test:**

Eat normally EXCEPT –

- X **DO NOT** consume anything containing chocolate, chocolate flavouring or cocoa.
- X **DO NOT** consume any food containing **CAFFEINE**

**For 4 hours prior to your test:**

- X **DO NOT** eat anything.
- ✓ You can have a light breakfast, such as toast/cereal, up until 4 hours prior to your test.

If you are an insulin-dependent diabetic, please notify the booking office to ensure that your appointment is scheduled appropriately.



### What can I drink?

**For 24 hours prior to your test:**

- ✓ **Drink only water.**
- X **DO NOT** Drink any coffee, decaffeinated coffee, Tea, herbal tea, decaffeinated tea, Soft drinks or any other caffeinated drinks (including energy drinks)



**For 24 hours prior to your test:**

- X **DO NOT** use or consume any **cannabis (marijuana)** products.

**Nuclear SPECT Patients:** When the stress test is completed, you will have 30 to 45 minutes to eat a fatty meal. You can either bring food from home or visit the cafeteria at the hospital.



### Can I take my medications?

**For 3 days prior to your test:**

- X **STOP** the following asthma medications after checking with your physician: Aminophylline, Theodur (Theophylline), Uniphyl.

**For 48 hours prior to your test:**

- X **DO NOT** take Viagra (Sildenafil), Cialis (Tadalafil), Levitra (Vardenafil).

**For 24 hours prior to your test:**

- X **DO NOT** take Aggrenox, Persantine, Agrelene.
- X **DO NOT** take any medications that contain **caffeine** such as:

- |                             |                 |
|-----------------------------|-----------------|
| -All non-drowsy medications | -Lenoltec 1,2,3 |
| -Appetite control pills     | -Midol          |
| -Sinutab with codeine       | -No Doz         |
| -Anacin                     | -Dristan        |
| -222                        | -Tylenol 1,2,3  |
| -Asacol                     | -Excedrine      |
| -282                        | -Vanquich       |
| -Darvon                     | -Fiorinal       |
| -292                        | -Vivarin        |

**For 12 hours prior to your test:**

- X Unless otherwise advised by your physician, **DO NOT** take:
  - Imdur (Isosorbide mononitrate)/ISMN
  - Isordil (Isosorbide dinitrate)/ISDN
  - NitroDur (nitroglycerin patch)
  - Nitrong
  - Nitropaste
  - Transderm
  - Minitran
  - Hydralazine

**On the morning of your test:**

- X **DO NOT** take Diuretics.
- ✓ Continue to use nitroglycerin tablets or spray under the tongue for relief of chest pain if necessary. If possible, discontinue completely for 2 hours prior to your test.
- X **Cardiac PET/SPECT with Dobutamine Patients:** HOLD Beta Blockers for 24 hours prior to your test (Bisoprolol, Metoprolol, Carvedilol, Atenolol, Sotalol, Labetolol, Acebutalol, Propranolol)

### What is a stress myocardial perfusion test?

A perfusion test involves two injections of a small amount of radioactive material which looks at blood flow to the heart. An intravenous (IV) line will be placed in a vein of your arm. You will receive one injection at rest and another during a stress test – either exercise stress on a treadmill or drug induced stress with medication.

Two sets of pictures – one at rest and one after stress – will be taken of your heart using a special camera. You will be asked to lie on your back while the camera takes a series of pictures.

When both your rest and stress pictures are complete, a physician will interpret the images and a written report will be sent to your referring physician.