Instructions for Stress Myocardial Perfusion Test

NUCLEAR SPECT: □ Exercise or □ Persantine or □ Dobutamine

Please note: your test may be cancelled if you do not follow these preparation instructions.

For 24 hours prior to your test:
- STOP the following asthma medications after checking with your physician: Aminophylline, Theodur (Theophylline), Uniphyl.

For 48 hours prior to your test:
- DO NOT take Viagra (Sildenafil), Cialis (Tadalafil), Levitra (Vardenafil).

For 24 hours prior to your test:
- DO NOT take Aggrenox, Persantine, Agreline.
- DO NOT take any medications that contain caffeine such as:
  - All non-drowsy medications
  - Appetite control pills
  - Sinutab with codeine
  - No Doz
  - Anacin
  - Dristan
  - 222
  - Tylenol 1,2,3
  - Asacol
  - Excedrin
  - 282
  - Vanquich
  - Fiorinal
  - Darvon
  - Afacin
  - Minitran

For 12 hours prior to your test:
- Unless otherwise advised by your physician, DO NOT take:
  - Imdur (Isosorbide mononitrate)/ISMN
  - Isordil (Isosorbide dinitrate)/ISDN
  - NitroDur (nitroglycerin patch)
  - Nitropaste
  - Transderm
  - Hydralazine

On the morning of your test:
- 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.

Cardiac PET/SPECT with Dobutamine

Patients: HOLD Beta Blockers for 24 hours prior to your test (Bisoprolol, Metoprolol, Carvedilol, Atenolol, Sotalol, Labetolol, Acebutalol, Propanolol)

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.

What can I eat?

For 24 hours prior to your test:
- Eat normally EXCEPT –
  - DO NOT consume anything containing chocolate, chocolate flavouring or cocoa.
  - DO NOT consume any food containing CAFFEINE

For 4 hours prior to your test:
- 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.
- 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:
- 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:
- STOP the following asthma medications after checking with your physician: Aminophylline, Theodur (Theophylline), Uniphyl.

For 48 hours prior to your test:
- DO NOT take Viagra (Sildenafil), Cialis (Tadalafil), Levitra (Vardenafil).

For 24 hours prior to your test:
- DO NOT take Aggrenox, Persantine, Agreline.
- DO NOT take any medications that contain caffeine such as:
  - All non-drowsy medications
  - Appetite control pills
  - Sinutab with codeine
  - No Doz
  - Anacin
  - Dristan
  - 222
  - Tylenol 1,2,3
  - Asacol
  - Excedrin
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  - Vanquich
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For 12 hours prior to your test:
- Unless otherwise advised by your physician, DO NOT take:
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