

MPI Patient Preparation Summary

1. This test will take **4 to 5 hours**

2. **No Caffeine** for 24hours

3. **No** food or drink morning of test

4. **Stop** Certain Medications
(Beta Blockers & Calcium Channel Blockers – see
details on the following pages)

More information about your test on the next pages.

Myocardial Perfusion Cardiac Stress Testing Patient Information Sheet

We do not use a dye or contrast for this exam, therefore it is safe for patients with kidney issues or failure

A myocardial perfusion stress test using 99m-Tc Tetrofosmin is a safe, reliable and easy to perform test. It is performed under the direct supervision of the doctor.

It is a simple procedure to rule out if there is any decreased blood flow in the heart arteries while under stress because most of the time symptoms (angina) begin when the heart must do more work while in stress rather than resting. This test also helps in the diagnosis of various heart rhythm problems.

The Myocardial Stress test will take approximately 4-5 hours. This does not mean you will be exercising for the whole time. First you will have a resting heart exam. The technologist will place an IV in your arm and give you an injection of the radioactive tracer while you sit in a chair. You will then wait 30-60min in the waiting room until you are called for pictures. For the pictures you will have to hold still for 10min. You will then wait for your turn for the stress test.

Patients can be stressed in one of two ways while here, either on the treadmill or using a drug (pharmacological stress test) called dipyridamole.

If the treadmill is used ECG leads are attached to the chest, to monitor your heart while you exercise. The treadmill stress test begins with a warm-up stage and then the speed is gradually increased, as well as the incline. Your blood pressure, heart rate and heart rhythm will be monitored while you exercise. You will be exercised to a predetermined target heart rate. The 99mTc-Tetrofosmin (a radioactive tracer used for heart scanning) will be administered IV at peak exercise. The 99mTc-Tetrofosmin adds no additional risk to the exercise stress test and there are no side effects from its administration.

The drug or pharmacological myocardial perfusion test will be performed by infusing a vasodilator (dipyridamole) through your IV over 4 minutes and then either walking in place or using hand weights to increase the circulation of the dipyridamole. A small amount of 99mTc-Tetrofosmin (a radioactive tracer used for heart scanning) will be injected through your IV at the 7 min mark of the test. There are no side effects from the 99mTc-Tetrofosmin. If you experience any side effects from the dipyridamole, you will be given a medication to reverse the effects. ECG and vital signs will be taken throughout this part of the test.

After completing the stress test, you will wait in the waiting room for 30-60min until it is your turn for pictures. The pictures will take 10min.

You will receive a phone appointment time for 2 days later, this is when the doctor will discuss the results of the test. A detailed report will be typed and sent to your doctor as well.

Appointment: _____

See back of sheet for further instructions

Myocardial Perfusion Stress Test will take approximately 4-5 hours

***NO CAFFEINE for 24hrs prior to the test** (coffee, pop, tea or chocolate. **This includes decaffeinated products as well**)

***Nothing to eat or drink (NPO) from midnight on the day of your test.** Water to drink is OK at any point. You must stay NPO for the entire test (rest and stress portion). If you are diabetic, bring your blood glucose monitor and a juice to monitor and maintain your blood sugars.

*Beta Blockers must be stopped 48 hours before the test and Calcium Channel Blockers must be stopped 24 hours before the test. Please check the list below for the names of the drugs. **Please bring a list of all medications that you take.**

*Wear comfortable clothing and **RUNNING SHOES**. Bring your own towel to wipe after the test.

*Do not wear any creams, lotions, oils or powders on your chest on the day of your test.

*Children will not be allowed in the room for the test, please arrange childcare.

*Friends and/or family will be asked to wait in the car or lobby while you have your test (unless needed for translation or assistance)

*If you do not speak English, you are required to bring your own translator.

Medications to be STOPPED for the Myocardial Perfusion Test:

If you are unsure if you take any of these medications, please contact your doctor or pharmacist for clarification.

Beta Blockers: Stop 48 hours before test (unless otherwise instructed by physician):

Acebutolol (Monitan, Rhotral, Sectral)	Atenolol (Tenormin)
Bisoprolol (Monacor)	Bystolic/Nebivolol
Carvedilol (Coreg)	Diltiazam (Cardizem CD/SR)
Felodipine (Plendil, Renedil)	Labetolol (Normodyne))
Metoprolol (Lopressor, Toprol XL, Lopressor SR)	Nadolol (Corgard)
Oxprenolol (Trasicor)	Pindolol (Visken)
Propranolol (Inderal)	Sotalol (Sotacor)
Sildenafil/Viagra	Tadalafil/Cialis
Timolol (Blocadren)	Verapamil (isoptin Chronovera)
Vardenafil/LLevitra	

Calcium Channel Blockers: Stop 24 hours before the test (unless otherwise directed by physician):

Amlodipine	Imdur
Ismo	Isodil SR
Isosorbide Dinitrate	Isosorbide Mononitrate
Ivabradine/Coralan/Procorlan	Isoptin/Isoptin SR
Nicardipine/Cardene/Cardene SR	Nifedipine/Adalat PA/Adalat XL

If you feel unwell after leaving the clinic and continue to feel unwell after consuming a serving of caffeine, please call 811 or visit your local Emergency Room. Caffeine should resolve symptoms caused by the stress medication.