

MPI Patient Preparation Summary

1. This test will take **4 to 5 hours**
2. **No Caffeine** for 24 hours
(this includes coffee, tea, pop, decaffeinated products, codeine, and chocolate)
3. **No** food or drink from midnight on the morning of the test. You **CAN** drink water.
4. **STOP** all Beta Blockers and Calcium Channel Blockers as indicated on paperwork **48 hrs. BEFORE your test.**
(Please contact your pharmacist if you are uncertain.)

More information about your test is 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 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 – 60 min in the waiting room until you are called for images.

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 – 60 min until it is your turn for imaging. The images will take 10min.

You will receive a phone appointment at a later date; this is when the doctor will discuss the test results. A detailed report will be sent to your doctor as well.

Appointment: _____

See back of the sheet for further instructions

Myocardial Perfusion Stress Test will take approximately 4 - 5 hours.

Myocardial Perfusion Stress Test Instructions

48 Hours before test:

Medications to be STOPPED for the Myocardial Perfusion Test:

Please check your medications very carefully against the list below. Some medications may have more than one name. Although not shown on the list below, some medications may begin with terms such as “APO”, “NOVO”, “Sandoz”, “Mylan” or others that may show on the packaging. You must STILL follow the preparation instructions accordingly. If you are unsure if you take any of these medications, please contact your doctor or pharmacist for clarification.

Please bring a list of all medications that you take.

STOP 48 HOURS before the test (unless otherwise instructed by the physician):

Acebutolol	Nadolol (Corgard)
Amlodipine (Norvasc)	Nebivolol (Bystolic)
Atenolol (Tenormin)	Nicardipine (Cardene, Cardene SR)
Bisoprolol (Monacor)	Nifedipine (Adalat, Adalat XL)
Carvedilol (Coreg)	Oxprenolol (Trasacor)
Diltiazem (Cardizem CD/SR/XC)	Pindolol (Visken)
Felodipine (Plendil)	Propranolol (Inderal)
Isosorbide mononitrate (ISMN, Imdur)	Sildenafil (Viagra)
Isosorbide dinitrate (ISDN, Isordil SR)	Sotalol (Betapace, Sorine)
Ivabradine (Lancora)	Tadalafil (Cialis)
Labetalol (Trandate)	Timolol (Blocadren)
Metoprolol (Lopressor, Toprol)	Vardenafil (Levitra)
	Verapamil (Isoptin, Isoptin SR)

24 hours before test:

STOP all caffeinated and decaffeinated products including coffee, tea, chocolate, cola drinks, energy drinks, Tylenol with caffeine (222's, 229's and some cold medications).

Midnight before test day

STOP eating and drinking except for small amounts of water. Including taking your routine medications in the morning. You must stay NPO for the entire test (rest and stress portion).

- If you are diabetic, please bring your blood glucose monitor and juice to monitor and maintain your blood sugars.
- Wear comfortable clothing and **RUNNING SHOES**. Bring your towel to wipe after the test.
- Do not wear creams, lotions, oils, or powders on your chest on your test day.
- 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 outside while you have your test (unless needed for translation or assistance).
- If you do not speak English, you are required to bring your translator.
- 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 stress medication.