

Appointment Date: _____ Time: _____

This test does require specific preparation.

Please review the following instructions 3 days before your appointment.

- **Please read this instruction sheet thoroughly at least 3 days before your appointment.**
- **Please arrive 15 minutes before your appointment and bring your Alberta Health Care Card and Photo ID with you in order to have this test completed.**
- **If your English is limited, please bring someone to translate for you.**
- **Children are not allowed in the lab during testing and cannot be left unattended in the waiting room.**
- **This test cannot be done if you are pregnant or breastfeeding**
- **This test will take 5-6 hours to complete.**
- **If you need to cancel your appointment please call 403-571-8640 at least 24 hours in advance to reschedule.**

What is an Myocardial Perfusion Imaging (MPI) Stress Test?

The test combines a stress test with nuclear perfusion imaging to look at the blood flow to your heart muscle at rest and during stress.

What will happen during the test?

- Upon arrival you will be asked to complete an information sheet and read a consent form.
- Once in the lab you will receive an explanation of the test and have your questions and concerns addressed prior to giving an informed consent.
- An intravenous (IV) line will be started and you will be prepped for the test so we can monitor your ECG, heart rate, rhythm and blood pressure throughout the stress test.
- If your exercise duration is insufficient, you have a medical history or your ECG is contraindicative to the treadmill, you may receive a medication called Dipyridamole (Persantine). This will be at the discretion of the supervising physician(s) and this decision will be discussed with you.
- Near the end of your stress test, a small amount of Thallium will be injected into your IV line. You will then be placed under a camera for approximately 15 minutes while pictures of your heart are taken.
- Once your stress pictures are completed you will be given instructions and a return time for your rest pictures, usually 3 to 4 hours later. You still must not eat, but you can take some medications and limited types of fluids as instructed. You are able to leave the clinic during this waiting period.
- Upon returning to the clinic, a second set of images will be taken which should take less than 15 minutes to complete.

What is a Rest Perfusion Imaging Study?

Your doctor may request a rest Thallium study which does not require you to go on the treadmill. In other cases, after your first stress and rest study, a second rest Thallium study may be ordered for another day. In this case, the interpreting cardiologist wants to add more information to your original test results. Do Not Be Alarmed. Our office will contact you if this study is necessary.

Preparation Instructions:

Please check your medications very carefully against the two lists below. As shown, 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.

48 hours before test: STOP taking all medications on the 48 Hour Medication List unless otherwise instructed by your physician.

48 Hour Medication List	
Acebutolol/Monitan/Rhotral/Sectral	Diltiazem XC/Tiazac XC
Atenolol/Tenormin	
Bisoprolol/Monacor	Tadalafil/Cialis
Carvedilol/Coreg	Vardenafil/Levitra
Metoprolol SR/ Lopressor SR	Sildenafil/Viagra
Nadolol/Corgard	
Pindolol/Viskin	
Sotalol/Sotacor	
Timolol/Blocadren	
Bystolic/Nebivolol	

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 and cough medications. STOP taking all medications on the 24 Hour Medication List unless otherwise instructed by your physician.

24 Hour Medication List		
Amlodipine/Norvasc	Imdur	Labetolol/Normodyne/Trandate
Diltiazem/Cardizem/Tiazac Diltiazem	Ismo	Metoprolol/Lopressor
CD or SR/Cardizem CD or SR	Isordil SR	Metoprolol XL/Lopressor XL/ Toprol XL
Felodipine/Plendil	Isosorbide Dinitrate	Propranolol/Inderal
Nicardipine/Cardene/Cardene SR	Isosorbide Mononitrate	
Nifedipine/Adalat XL/Adalat PA	Nitroglycerine patches	
		Verapamil/Verapamil SR/ Verapamil ER
Ivabradine/Coralan/Procoralan	Twynstra	Isoptin/Isoptin SR

Midnight before test: STOP eating and drinking except for small amounts of water if required.

Morning of test: STOP diabetic medications, EXCEPT insulin pump infusions which you may continue.

- Continue medications not listed on the 48 or 24 Medication Lists or Caffeine medications (Aspirin, Plavix (Clopidogrel), Effient (Perasugrel), Brilinta (Ticagrelor), other blood thinners, Asthma, COPD, seizure or Parkinson's medications.
- Bring all of your medications, including names and doses, with you.
- Dress in comfortable clothing and walking shoes. Avoid wearing bras with underwire.
- Do not wear body oils or powders, but you may use deodorant. Perfume, cologne or heavily scented lotions should be avoided as some individuals may be sensitive or allergic to fragrance

Discussion of Test Results:

Please note that only your referring and/or family physician can discuss the test results with you.

Our Location:

We are located at:

**#110, 2891 Sunridge Way NE
Calgary, AB T1Y 7K7**

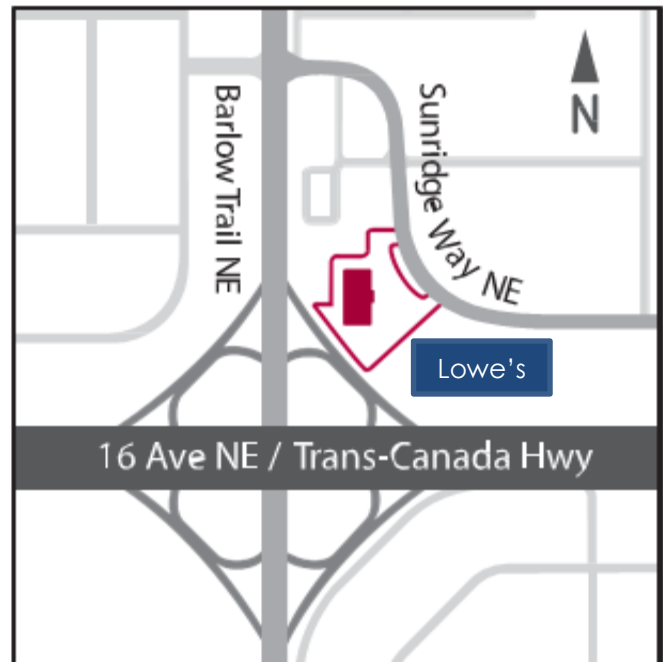
(T) 403-571-8640

(F) 403-571-8658

Parking is available next to the building.

Transit directions:

- Rundle Station is the nearest C-Train Station.
- Bus 19 to Sunridge Way NE



Privacy: The personal health information that you provide our clinic is collected, used and disclosed in accordance with the provisions of the Health Information Act.

It is also used to provide diagnostic treatment and care services to you and to bill your provincial health plan for services provided. For more information please contact us at 403.571.8640.