

**Appointment Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

## **This test requires specific preparation.**

**Please review the following instructions 3 days before your appointment.**

- Please read the instructions thoroughly **at least 3 days** before your appointment.
- Please arrive 15 minutes prior to your appointment and bring your Alberta Health Care Card and photo ID with you for this test to be completed.
- If you require a translator, please bring one with you to your appointment.
- Children are not allowed in the lab area 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 a Myocardial Perfusion Imaging (MPI) stress test?**

This test combines an exercise stress test (e.g., walking on a treadmill) with nuclear perfusion imaging to look at the blood flow to your heart muscle at rest and during stress (activity).

### **What will happen during this test?**

- Upon arrival, you will be asked to complete an information sheet and read a consent form.
- Once in the lab, the test will be explained in detail, and you will have your questions and concerns addressed prior to giving informed consent.
- An intravenous (IV) line will be started, and you will be prepped for the test so we can monitor your heart rate, rhythm and blood pressure by an ECG throughout the test.
- If you are unable to exercise for a certain length of time, have a medical history or ECG results that suggest a treadmill test should not be completed, you may receive a medication called Dipyridamole (Persantine). The doctor will discuss this with you at the time of your test if needed.
- 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 pictures are completed, you will be given instructions and a return time for rest pictures to be taken, usually 3-4 hours later. During this waiting period, you cannot eat, but you can take some medication and limited types of fluids as instructed. You may 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.

### **Discussion of Test Results:**

Please note that only the doctor who referred you and/or family doctor can discuss the test results with you.

**Please review the preparation instructions on following pages thoroughly before your appointment.**

### Important 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”, “Sandox”, “Mylan” or others that may show on the packaging. You must STILL follow the preparation instructions as outlined below.

#### 48-HOURS BEFORE YOUR TEST:

STOP taking medications in the 48-hour medication list below unless otherwise instructed by your doctor.

#### 48-HOUR MEDICATION LIST

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

#### 24-HOURS BEFORE YOUR 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 medicines. Stop taking all medications in the 24-hour medication list below unless otherwise instructed by your doctor.

#### 24-HOUR MEDICATION LIST

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

**MIDNIGHT BEFORE TEST:** STOP eating and drinking, except for small amounts of water if needed.

#### MORNING OF TEST:

- STOP diabetic medications, **except insulin pump infusions** which you may continue.
- Continue taking medications that are not listed on the 48-hour or 24-hour medication lists; caffeine medications (aspirin, Plavix (Clopidogrel)), Effient (Perasugrel), Brillinta (Ticagrelor); other blood thinners; as well as asthma, COPD, seizure or Parkinson's medications.
- Bring all your medications, including names and doses (amount you take) with you.
- Dress in comfortable clothing and walking/running shoes (e.g., no boots, flip flops or heels).
- Avoid wearing bras with underwire.
- Do not use body oils or powders; you may use deodorant. Please avoid using perfume or cologne as we are a scent-free environment.

**Our Location:**

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

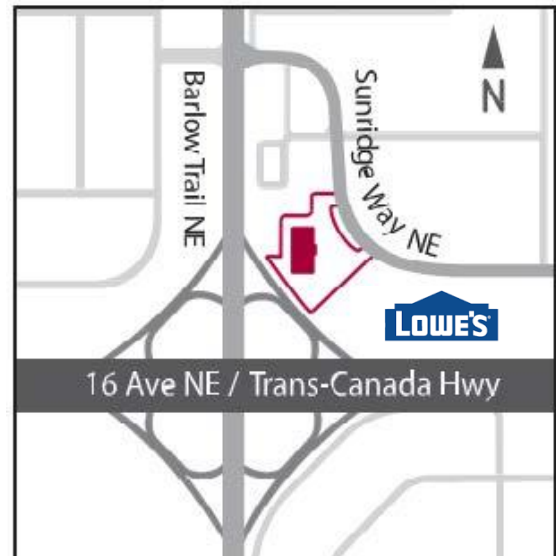
Phone: 403-571-8640

Fax: 403-571-8658

Free 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.