

Appointment Date:

Time:

## This test requires specific preparation.

Please review the following instructions 3 days before your appointment.

### Before your appointment:

- **STOP** all caffeinated products for 24 hours before your appointment (this includes coffee, tea, cola, chocolate, “decaffeinated” beverages and some medications like Tylenol 3 and some cough syrups).
- **Do not EAT or drink** (except for small amounts of water) for **4 hours** before your test. Please bring a snack for the break in between the testing.
- Unless your doctor has told you otherwise, stop the medications listed on the 48-hour and 24-hour lists on the next page. Continue taking any medications which are not on these lists as you normally would.
- **STOP** diabetes medications the morning of the test, **except insulin pump infusions** which you may continue.

### Day of your appointment:

- Arrive 15 minutes prior to your appointment. Please 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.
- Please bring all your medications and a medication list, 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.

If you need to cancel, please call 403-571-8640 at least 24 hours in advance to reschedule. No shows will be charged a cancellation fee.

### What is an MPI Test?

This test shows how blood flows through the heart and if there are any blockages.

There are two parts to this test – an exercise and a rest portion with a 3–4-hour break in between. This test will take 5 – 6 hours to complete in total.



A copy of your test findings will be sent to your referring and/or family doctor who can discuss the results with you.



**Please review specific medication instructions on next page three days before your appointment.**

### What will happen during the test?

#### Exercise:

- You will be prepped for an IV and will walk on a treadmill at increasing speeds and incline levels.
- Your heart rate, blood pressure and symptoms will be monitored during this test.
- When your exercise time is finished, a small amount of radioactive tracer will be injected to your IV and you will have pictures of your heart taken. The tracer shows areas blood flow is normal and where it may be blocked.
- If you are unable to complete the walking exercise test, a pharmacologic stress test will be done where medications are given to mimic the effects of exercise on your heart.

#### Rest:

- You will be given a time to return for the rest pictures. At that time, you will be given a second, small injection of radioactive tracer and another set of pictures will be taken

# Myocardial Perfusion Imaging (MPI) Preparation Instructions

## 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     | Monocor       | 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 |

## Our Location:

#110, 2891 Sunridge Way NE  
Calgary, AB T1Y 7K7  
Phone: 403-571-8640

Free parking is available next to the building.

## Transit Directions

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

