

Myocardial Perfusion Imaging (MPI) Test Instructions



Appointment Date:	Time:
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This test requires specific preparation.

Please review the following instructions 3 days before your appointment.

If you have multiple appointments at the clinic on the same day, please follow these instructions.

What to bring to your test:

- Alberta Health Care Card and government-issued photo ID are required for this test to be completed.
- If you require a translator, it is important that you bring one with you to your appointment.
- All your medications or a list of medications, including name of medication and dose (amount you take).

48-hours before your test:

- **Stop the medications** listed on the 48-hour list unless instructed otherwise (see next page for list).
- Continue taking any medications that are not on this list as you normally would.

24-hours before your test:

- **Stop the medications** listed on the 24-hour list unless instructed otherwise (see next page for list).
- **Do not consume any caffeinated or decaffeinated drinks or foods**, such as coffee, tea, cola, chocolate, "decaffeinated" beverages and medications like Tylenol 3, Tylenol 4 and some cough syrups.

Day of your test:

- Please arrive 15 minutes before your appointment.
- This test cannot be done if you are pregnant or breastfeeding.
- Do not eat for 4 hours before your test. You will not be able to eat until entire test is complete.
- Drink plenty of water before your test.
- **Stop diabetes medications** the morning of the test, except insulin pump infusions which you may continue.
- Avoid alcohol, nicotine (e.g., inhaler or cigarettes) and cannabis products 3 hours before your appointment and 1 hour after.
- Dress in comfortable clothing and walking/running shoes with socks (e.g., no boots, flip flops or heels).
- Avoid wearing bras with clasps in the front.
- Arrange for childcare – for safety reasons children are not allowed in the lab area and cannot be left unattended in the waiting room.
- This test will take 6-7 hours in total to complete.
- 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.



MPI Test Information

Medications to Stop 48-hours Before Test

Unless instructed otherwise

Acebutolol/Monitan/Rhotral/Sectral
Atenolol/Tenormin
Bisoprolol/Monacor
Bystolic/Nebivolol
Carvedilol/Coreg
Diltiazem XC
Lopressor SR
Metoprolol SR
Nadolol/Corgard
Pindolol/Viskin
Sotalol/Sotacor
Tiazac XC
Timolol/Blocarden

Sildenafil/Viagra
Tadalafil/Cialis
Vardenafil/Levitra

Medications to Stop 24-hours Before Test

Unless instructed otherwise

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

What is a myocardial perfusion imaging (MPI) test?

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

What will happen during the test?

There are two parts to this test, an exercise portion and a rest portion with a 3–4-hour break in between.

① Exercise:

You will be prepped for an IV and will walk on a treadmill at increasing speeds and incline levels. Near the end of your exercise, a small amount of radioactive tracer will be injected into your IV and pictures of your heart will be taken. The tracer shows areas where 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.

② Rest:

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

What happens after the test?

- A copy of your test findings will be sent to the referring doctor to discuss with you.



Location:

2891 Sunridge Way NE, Suite 110 | Phone: 403-571-8640

Free parking is available in front of the building.



Transit Directions:

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

