

# Kitchener - Waterloo Nuclear Medicine Program

## Getting Ready for Your *Myocardial Perfusion Scan*

This form belongs to:

\_\_\_\_\_

Patient Name

\_\_\_\_\_

Date of Birth



Please follow the instructions on the "Getting Ready" timeline. This will provide the best test results.

On the day of your test, please bring:

- This form
- Your current medicines

Do not wear or use scented products before coming to hospital.

**Length of time for your test:**

**2 Day Test:**

Rest portion = 1 hour

Stress portion = 2 to 2.5 hours

**1 Day Test** (for out of town patients):

Rest and Stress = 4 to 5 hours

If you have any questions,  
please call:

**(519)749-6495**

August 2017

Connect the



# Myocardial Perfusion Scan

A myocardial perfusion scan uses a small amount of a radioactive chemical to create pictures. These pictures show how well blood flows to the heart muscle. There are 2 types of tests – an **Exercise Treadmill** or a **Pharmacologic Stress** test.

## Ordering physician must check one:

- Hold the following medication(s) for the test:  
\_\_\_\_\_
- Continue to take medication(s) as prescribed.

### Exercise Treadmill Test

Patients exercise on a treadmill until they reach their target heart rate, or until they feel they cannot continue and need to stop.

#### Getting Ready for your Treadmill Test:



Avoid Beta-Blocker Medicines

- Atenolol
- Bisoprolol
- Metoprolol
- Propranolol



Avoid Caffeine and "Decaffeinated"

- Coffee/Tea
- Soda pop
- Chocolate
- Pain medicine with Codeine



Nothing to Eat or Drink

If you are diabetic, you may have a light meal 2 hours before your test.

### Pharmacologic Stress Test

Some patients are unable to exercise on a treadmill. In this test, patients are given medicine that causes the heart to respond the way it does during exercise. This medicine is either "persantine" or "dobutamine" (if patient has lung issues).

#### Getting Ready for your Stress Test:



Avoid medicines with nitrates (pills, patches) and Calcium-Channel Blockers

- Amlodipine
- Diltiazem
- Nifedipine
- Nitro-Dur



Avoid medicines with dipyridamole, theophylline, or pentoxifylline

- Aggrenox
- Aminophylline
- Trental



Avoid Caffeine and "Decaffeinated"

- Coffee/Tea
- Soda pop
- Chocolate
- Pain medicine with Codeine



Nothing to Eat or Drink

If you are diabetic, you may have a light meal 2 hours before your test.

\*\*\*Stop medicines for Erectile Dysfunction 4 days before test\*\*\*