



Myocardial Perfusion Scan – Physician Referral

Patient Name: _____ Date of Birth: _____
MM/DD/YYYY

Dear Referring Physician,

It is important that your patient be prepped according to the instructions on the Patient Information Sheet in order to provide an optimum test result. **Please print, complete and review these instructions with your patient.** A copy of the patient instructions can be located at:

<http://www.smgh.ca/care-services-support/nuclear-medicine/nuclear-medicine-diagnostic-imaging-for-referring-physicians/>

Note for bookings:

Exercise stress test is generally preferred.

Pharmacologic (persantine) if unable to exercise. Pharmacologic (persantine) preferred in LBBB and pacemaker patients.

Consider dobutamine stress in patients with significant reactive airway disease.

The decision to hold medication for stress testing is based on the clinical circumstances, the indications for stress testing and the type of stress testing performed. See below.

Aortic stenosis is a relative contraindication.

For the **DIAGNOSIS** of CAD, nitrates, calcium channel blockers and beta blockers should be held 48 hrs. prior to stress study.

To assess the **EFFICACY OF THERAPY** in a patient with known CAD, these agents may be taken as usual if under- taking exercise or dobutamine stress. Avoid vasodilators for persantine studies.

Thank-you,

Dr. R.A. Dubeau

Please complete section below and fax page back to the SMGH Nuclear Medicine Department **(519) 749-6997:**

I confirm that the patient’s name and date of birth as listed above are correct.

Patient to undergo: Exercise Treadmill Test Pharmacologic Stress Test

Patient’s Weight: _____ kg

I have advised patient to hold the following medication(s) for the test:

REFERRING PHYSICIAN SIGNATURE

DATE

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.

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.

Ordering physician must check one:

- Hold the following medication(s) for the test:

- Continue to take medication(s) as prescribed.

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