

Instruction Side A



Bring your Health Card to your appointment.

Arrive 15 minutes prior to appointment for registration.

All QHC hospitals are designated as a reduced scent environment.

Appointment Date&Time: _____

INSTRUCTIONS FOR A MYOCARDIAL PERFUSION TEST (REST/STRESS TREADMILL)

This Nuclear Medicine Procedure requires a radioactive injection, which is expensive and must be ordered in advance. Please notify our department **48 hours prior** to your scheduled appointment time, if you are unable to attend. The number is (613) 969-7400 Ext# 2417.

1) This is a 2 part test. Both parts may take place on 1 day (both parts taking a total of 4 hrs) or 2 consecutive days (1 part each day, taking 3 hours each day). The decision to perform the test in 1 or 2 days will be determined by the Nuclear Medicine Physician.

2) Patient preparation is essential. The instructions regarding your medications and caffeine are extremely important, and will affect the accuracy of the myocardial perfusion test. Cardiac medication(see list below) should be discontinued prior to a diagnostic stress test. If a patient has known heart disease, discontinuation of medication is left to the discretion of the ordering physician.

3) After you check with your Physician, please stop the following medications:

No Beta-Blockers for 48 hours. (e.g. Metoprolol, Atenolol, Bisoprolol, Lopresor, Monacor, Tenormin)

No Calcium Antagonists for 48 hours. (e.g. Norvasc, Cardizem, Diltiazem, Adalat, Plendil, Amlodipine, Tiazac, Verapamil, Felodipine, Nifedipine, Isoptin)

No long-acting Nitrates for 24 hours (e.g. Isorbide dinitrate, Isordil)

No Nitro-patch for 12 hours. NOTE * Should you require Nitrospray or Nitro pills on the day of the test, please note the time at which it was taken.

No Viagra or Cialis for 24 hrs.

4) Nothing to eat or drink (except water) for 4 hours.

5) Do not have any caffeine for 24 hours before your test. That includes coffee – both decaf and regular, iced tea, tea, pop, hot chocolate, chocolate, gravol, fiorinal, codeine, Tylenol 2 or 3 or anything else which contains caffeine. (Contact your pharmacist, if you have questions.)

6) Bring all your medications, in their original containers, with you on the day of your test.

7) No smoking on the day of the test.

8) Wear comfortable walking shoes and clothing. No sandals or high heels.

9) During the test you will be required to eat. Please bring a lunch, or money to purchase food at the Hospital.

You do not need to stop at Admitting, just go directly to Nuclear Medicine to check in.

***** If you have questions concerning this procedure, please contact your physician.**