

PATIENT INFORMATION

Patient's Name: _____

You have an appointment in the Nuclear Medicine Department on:

Date: _____ **Time:** _____

Please arrive 10 minutes early. This gives you time to check in. Please bring with you photo identification and your BC CareCard (personal health number).

Please do not bring your children with you unless you bring someone to care for them while you are having the test.

If you are not able to keep your appointment, please call **604-806-8008** as soon as possible. Please give us at least 24 hours notice so we can use your time for someone else. When you call, we will give you another date and time for your test.

Things you need to know

Why am I having this test?

Your doctor wants to check how well your heart is pumping and how well blood is flowing through your heart.

What do I need to do before the test?

★ Are you allergic to latex? Pregnant? Breastfeeding? Please tell us★

You do not need to do anything special to prepare for this test. You may eat and drink as usual and take your medicines.

What happens during the test?

First, we use a needle and syringe to take 10mL (2 tsp) of blood from a vein in one of your hands or arms. In our laboratory, we mix your blood sample with a radioactive material called a 'tracer'. The tracer attaches itself to your red blood cells. This takes us about 30 minutes.

Next, we take your blood sample with tracer and inject it into your bloodstream using again a vein in one of your hands or arms. As this blood flows into and through your heart, we will be able to see the walls of your left and right side of heart move and also see how much blood is being pumped out with every heartbeat.

There are two ways we can do this test.

1. A **Resting Study** where we take several pictures or images while you are lying down or resting. This test takes about one (1) hour.

2. An **Exercise Study** where we take several images while you pedal on a stationary bicycle. This test takes about two (2) hours. (You do not pedal for the whole two hours!)

During either test, please let us know if you have any chest pains or shortness of breath.

What can I expect after my test?

There are no side effects.

We send your test results to your doctor within 5 working days after the test is completed. If your doctor does not have your results within two weeks, please ask your doctor to contact us.

If you are planning to travel within one month of this test, please tell the Nuclear Medicine receptionist. We will give you a letter that says you have been given a small amount of radioactivity for this test.