

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).

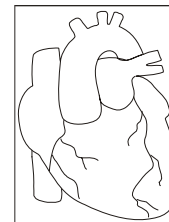
Please do not bring your children with you unless you bring someone to care for them while you are having the test.

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?

The test is used to check for coronary artery disease. The coronary arteries are the blood vessels that supply blood to your heart muscle or myocardium (pronounced my-o-card-e-um). When they are blocked or narrowed, not enough blood can get through to the heart. It can result in chest pain (angina) or shortness of breath.



What do I need to do before the test?

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

For 24 hours before the test:

Stop all caffeine. Caffeine products include coffee, tea, decaffeinated coffee and tea, cola, all carbonated drinks except 7UP and ginger ale or any drink containing guarana.

Caffeine is also in these medicines:

Anacin	Ergodryl	Novogesic - 8/15/30	Tylenol #1,2,3
Atasol 8/15/30	Excedrin	Ratio Lenoltec #1,2,3	Frosst 222, 282, 292
Cafergot	Exdol 15/30	Ratio Tecnal	
Dristan	Fiorinal (all kinds)	Triatec 8/30	

For 4 hours before the test: Do not eat or drink anything until we tell you to.

- If you are taking regular medicine(s) directed by your doctor and need to take it during these 4 hours, take your medicine(s) with a small amount of water.

- If you are diabetic and need to eat during these 4 hours, take your medicines and eat just enough to manage your blood sugar.

Bring with you: all the medicines you are currently taking in their original containers
 two snacks or money to buy snacks

Please wear loose, comfortable clothes. We may ask you to do some mild exercise as part of the test. We prefer you wear pants with an elastic or a drawstring waist and a t-shirt or shirt without zippers or metal buttons. You may have to change into a hospital gown. We may also ask you to remove jewellery, glasses or other metal objects as these can interfere with the scan.

How long will the test take?

The **Total Test Time** is approximately four to eight hours, so please plan accordingly.

What happens during the test?

The test is divided into two parts:

- The ‘Rest’ Study
- The ‘Stress’ Study (either by exercise or by medicine)

1. **The ‘Rest’ Study:** In order for us to be able to see if there is enough blood supply to the heart muscle, we need to give you a small amount of a radioactive material or a ‘tracer’ that we call MIBI. To do this, we will start an intravenous (*intra* meaning ‘into’ and *venous* meaning ‘vein’, commonly called an IV). We use a needle to put a small flexible tube into a vein in one of your arms and connect it to an IV set up. We then inject the tracer into your vein through the IV tubing (IV line). The IV stays in your arm for both parts of the test.

While we wait for your heart muscle to absorb the tracer, you now need to eat the first snack you brought or go to the cafeteria on the 4th floor. **Remember – Nothing with Caffeine!**

We take images or pictures about 1 to 2 hours after the injection. We will tell you what time to be back in the department.

It takes about ½ hour to do all the images for this part of the test.

2. **The ‘Stress’ Study:** We take you to the Cardiology/ECG Department, just next door.

If you can exercise, you walk (or run) on a treadmill for a certain amount of time. Then we give you a second injection of tracer in your IV line.

If you cannot exercise, we give you an injection of one of two medicines through your IV line (Persantine or Dobutamine). These medicines increase the blood flow to the heart, similar to exercise. Please tell us if you get a headache, chest pain or tightness, or feel dizzy or sick to your stomach. We can give you medicine to treat these side effects. Following the injection of the medicine, we give you a second injection of tracer.

After the injection of the tracer, you eat the second snack. At this point, you can now have drinks with caffeine if you want.

We take images about 1 to 2 hours after the tracer injection. We will tell you what time to be back in the department. You can wait in our waiting room or in the cafeteria but you must not leave the hospital.

It takes another ½ hour to do all the images.

What can I expect after my test?

There are no side effects related to the tracer. You may feel tired following this test and should rest for the remainder of the day. Call your doctor if you have any concerns or questions.

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 72 hours 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.