

EXERCISE OR PERSANTINE HEART SCAN INFORMATION

Kawartha Diagnostic Imaging
327 Charlotte Street, Peterborough, ON
Patient Inquiry Line – 705-740-2043

Appointment Date: _____ **Time:** _____

This is a 2 part test. The appointment time for the second visit will be given to you on the day of the test.

IMPORTANT INSTRUCTIONS -- READ CAREFULLY !

- **Eat a light breakfast** on the morning of the test.
- **No caffeine in any form** (coffee, tea, chocolate or colas - including decaffeinated versions) for **24 hours** prior to the test.
- **No medications containing caffeine** (such as Tylenol #1, #2 and #3) for **24 hours** prior to the test.
- **No smoking, nicorettes or nicotine patches** for **12 hours** prior to the test.
- **No Viagra, Levitra or Cialis** for **24 hours** prior to the test.
- **Bring a list of your medications** with you on the day of the test.
- **PREGNANCY WARNING** - If you are nursing, or think you may be pregnant please call the Nuclear Imaging lab at 745-9195 for instructions.
- Some medications may interfere with this test – **please ask your doctor if any of your usual medications need to be temporarily withheld prior to testing.**

Medications

Stop: _____ (_____) hrs. before test
You may restart these medications upon completion of the test

PURPOSE

Myocardial Perfusion Imaging is valuable for detecting or confirming the presence, extent and severity of coronary artery disease.

PROCEDURE

In preparation for the stress test, you will have ECG leads placed on your chest and an intravenous line will be started. Your ECG and blood pressure will be monitored during your test. To assess the coronary arteries, we compare images of your heart taken after a stress test, and at rest. The "stress test" is performed either by exercising on a treadmill or by giving a medication called persantine.

Exercise : You will walk on a treadmill which will increase in speed and elevation every 3 minutes. Before the treadmill is stopped the tracer (Thallium or Myoview) will be given through your intravenous. If you are scheduled for treadmill exercise you will need to wear comfortable shoes (no sandals or high heels) and comfortable shorts or pants.

Persantine : Persantine is given through the intravenous line. Following the administration of persantine, the heart tracer will be given through your intravenous.

Heart Imaging : Radioactive tracers (Thallium & Cardiolite[®]) allow us to visualize the heart with a special camera. It is very uncommon to have any reaction to these tracers. You will be required to lie on your back with your arms above your head for approximately 15-20 minutes for each set of images. After several hours of free time, you will return for the second part of your test. A reminder note with your return appointment details will be given to you by the Nuclear Imaging staff.

SHOULD YOU NEED TO CANCEL...

These tracers are very expensive and have a very limited shelf life. They cannot be saved for use at a later date. Also there is a long list of patients waiting to have this test. Therefore, if you are unable to keep your appointment it is imperative that you call 705-740-2043 **24 hours in advance** so that we can book someone else in your place. Similarly, it is important that you comply with the test preparation instructions so that we can perform your test. Otherwise, we may cancel your test and you may be billed for the cost of the tracer.