

# Myocardial perfusion stress test

## Patient preparation instructions

NAME: \_\_\_\_\_

Please register at Cabrini Medical Imaging on

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

### Preparation

- **NO CAFFEINE.** DO NOT DRINK tea, coffee, hot chocolate, cola, all soft drinks or eat chocolate, chocolate cake or chocolate biscuits for 24 hours prior to the study. **This includes herbal tea and decaf coffee.**
- Have a light breakfast (toast, cereal, etc.)
- Bring a list of all medications with you
- Diabetic patients – eat a normal breakfast and take your diabetic medications
- As you will be injected with a radioactive tracer you will be asked to keep your distance from pregnant women or small children for 24 hours following the injection

### Duration of test

The test takes 3-5 hours. Please allow sufficient time for the study.

### Procedure

#### PART ONE (Rest)

This part requires you to have an injection of a radioactive tracer into a vein in your arm. This tracer will not make you feel any different. Following this injection, images of your heart will be taken with a gamma camera. Part One of the test takes approximately one hour.

#### PART TWO (Stress)

This part requires your heart to be 'stressed' i.e. by riding an exercise bike or by injection of a

pharmaceutical. During the stress test you will receive another injection of a radioactive tracer into a vein in your arm. The tracer will not make you feel any different. After this, images will be taken of your heart with a gamma camera. Part Two of the test takes approximately 2-3 hours.

### Clothing

- Wear comfortable clothing and shoes, suitable for exercise
- Bring only essential personal items with you. Do not bring any valuables.
- You will be required to remove clothing to the waist to allow for the attachment of ECG dots for monitoring (a hospital gown will be supplied)
- Please contact the department prior to your appointment if you are:
  - Currently breastfeeding
  - Pregnant or any possibility of pregnancy exists
  - Uncertain about stopping your medications call 03 9508 1429

### Parking

As this test takes 3-4 hours we would advise parking in the Cabrini Underground Carpark (entrance via Wattletree Road)

### Questions

For more information or to make an appointment, please contact Cabrini Medical Imaging using the number below.

**MEDICATIONS TO DISCONTINUE FOR MYOCARDIAL STRESS TEST**

After confirming with your referring doctor or GP please discontinue the medications below for the period of time indicated. Medications not on the list may be taken as usual. Starred medications (\*\*\*) must definitely be checked with your doctor before ceasing. **The number in brackets indicates the number of hours the medication needs to be stopped.**

<b>A</b>		Diltiazem (24)	Metrol XL (12-24)	Sigmaxin ± PG (12-24)
Adalat/Adalat OROS (24)		Dilzem/Dilzem CD (24)	Minax (48)	Sorbidin (24)
Adefin (24)		Dipyridamole (24)	Minitran (24)	Solavert (***) (48)
Adcirca (72)		Duotrav Drops (48)	Mistrom (48)	Sotacor (***) (48)
Adefin/Adefin XL (24)		Duride (24)	Monodur (24)	Sotolol (***) (48)
Addos XR (24)		<b>E</b>	<b>N</b>	<b>T</b>
Amlol (24)		Exforge ± HCT (24)	Nebilet/Nebivolol (***) (24)	Tadalafil (72)
Amlodipine (24)		<b>F</b>	Nicorandil (48)	Tarka (24)
Anpec (24)		Felodil XR (24)	Nifedipine (24)	Tenolten (48)
Anselol (48)		Felodur/Felodur ER (24)	Nifehexal (24)	Tenopt Drops (48)
Atenolol (48)		Felodipine (24)	Nitrate patches/tablets (24)	Tenormin (48)
Azarga Drops (48)		Fendex RE (24)	Nitro-Dur Patches (24)	Tensig (48)
<b>B</b>		<b>G</b>	Nordip (24)	Transiderm patch (24)
Barbloc (48)		Gandort Drops (48)	Norvopine (24)	Timolol Drops (***) (48)
Beprol (12-24)		GTN Patch (24)	Norvasc (24)	Timoptol ± XE Drops (***) (48)
Betaloc (48)		<b>I</b>	Noten (48)	Toprol XL * (12- 24)
Betaxolol drops (48)		Ikorel (48)	Nyefax (24)	Trandate (48)
Betoptic drop (48)		Imdur (24)	Nyogel Eye Gel (48)	Triasyn (24)
Betoquin drop (48)		Imtrate SR (24)	<b>O</b>	Twynsta (24)
Bicor (12-24)		Inderal (48)	Oxprenolol (48)	<b>V</b>
Biso (12-24)		Isomonit (24)	Ozlodip (24)	Vardenafil (72)
Bisoprolol (***) (12-24)		Isoptin/Isoptic SR (24)	<b>P</b>	Vasafil (72)
Bispro (12-24)		Isordril (24)	Perivasc (24)	Vasocardol ± CD (24)
<b>C</b>		Isosorbide Dinitrate (24)	Pindolol (48)	Vendafil (72)
Cadatin (24)		Isosorbide Mononitrate (24)	Plendil ER (24)	Vedilol (***) (12-24)
Cadivast (24)		Isosorbide Ps (24)	Presolol (48)	Veracaps SR (24)
Cardol (***) (48)		Ivabradine (24)	Pritol/Amlodipine (24)	Verapamil (24)
Caduet (24)		<b>L</b>	Propranolol (48)	Viagra (72)
Cardizem/Cardizem CD (24)		Lanoxin (12)	<b>R</b>	Viskin (48)
Carvedilol (***) (12-24)		Latanocom (48)	Reaptan (24)	Volirop (***) (12-24)
Cialis (72)		Ledip (24)	Rectogesic Ointment (24)	<b>X</b>
Combigan Drops (48)		Lercadip (24)	Revatio (72)	Xalacom Drops (48)
Coralan (24)		Lercan (24)	<b>S</b>	<b>Z</b>
Coras (24)		Lercanidipine (24)	Sevikar ± HCT (24)	Zanidip (48)
Corbeton (48)		Levitra (72)	Silaran (72)	Zan-Extra (24)
Cordilox (24)		Labetalol (***) (48)	Sildenafil (72)	Zircol (24)
Cosopt SR (48)		Lopressor (48)		
Coveram Drops (24)		<b>M</b>		
<b>D</b>		Metatar (48)		
Deralin (12-24)		Metropolol (48)		
Dicarz (***) (12-24)		Metropolol XL (12-24)		
Digoxin (12-24)		Metrol (48)		
Diltahexal CD (24)				
Dilasig * (12-24)				
Dilatrend (***) (12-24)				