

Medical Imaging patient information

Nuclear Medicine Myocardial Stress Test Cardiac Instructions

PREPARATION:

- **NO CAFFEINE.** DO NOT DRINK tea, coffee, hot chocolate, cola, 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

Please notify the Department if you are unable to attend. **Ph: (03) 9508 1429.**

DURATION OF TEST: The test takes 3-4 hours. Please allow sufficient time for the study.

EXPLANATION:

PART 1 (Rest) Part one of the test 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 1 of the test takes approximately 1 hour.

PART 2 (Stress) Part two of the test 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 an 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 2 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 pads 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 **Ph: (03) 9508 1429**

PARKING: As this test takes 3-4 hours we would advise parking in the Cabrini underground car park (entrance via Wattle tree Road)

MEDICATIONS TO DISCONTINUE FOR MYOCARDIAL STRESS TEST

The following medications can sometimes interfere with the Stress Test. **Please check with your Doctor or Cardiologist** before you cease any medications. **Starred medications (**)** must definitely be checked with **your Doctor before being stopped**. It is very important to stop taking the drugs **only if** your own Doctor has agreed. Medications not on the list may be taken as usual.

The number in brackets indicates the number of hours the medication needs to be stopped

<u>A</u>		<u>M</u>	
Adalat/Adalat OROS	(24)	Metahexal	(48)
Adefin	(24)	Metolol	(48)
Alprenolol	(48)	Metropolol	(48)
Amlodipine	(24)	Minax	(48)
Anpec	(24)	Minitran	(24)
Anselol	(48)	Monodur	(24)
Aptin	(48)	<u>N</u>	
Asasantin SR	(72)	Nebivolol	(24)
Atenhexal	(48)	Nicorandil	(48)
Atenolol	(48)	Nefedipine	(24)
<u>B</u>		Nitrate patches/tablets	(24)
Barbloc	(48)	Nitrobid patches	(24)
Betaloc	(48)	Nitrostat	(24)
Bicor	(12)	Norvasc	(24)
Bisoprolol	(12)	Noten	(48)
Blocadren	(48)	<u>O</u>	
<u>C</u>		Oxprendolol	(48)
Caduet	(24)	<u>P</u>	
Cardizem	(24)	Pexsig	(48)
Cardilol	(48)	Persantin	(24)
Carvedilol	(12)	Pindolol	(48)
Cialis	(72)	Propranolol	(48)
Corbeton	(48)	<u>S</u>	
Cordilox	(24)	Sildenafil	(72)
Coveram	(24)	Sorbidin	(24)
<u>D</u>		Solavert **	(48)
Deralin	(48)	Soltab **	(48)
Digoxin	(12)	Sotacor **	(48)
Dilatrend**	(12)	Sotahexal **	(48)
Diltiazem	(24)	Sotolol **	(48)
Dipyridamole	(24)	<u>T</u>	
Duride	(24)	Tadalafil	(72)
<u>E</u>		Tenormin	(48)
Exforge	(24)	Tensig	(48)
<u>F</u>		Transiderm patch	(24)
Felodur	(24)	Trasicor	(48)
Felodipine	(24)	Timolol	(48)
<u>I</u>		Toprol XL **	(24)
Ikorel	(48)		(24)
Imdur	(24)	<u>V</u>	
Imtrate	(24)	Vardenafil	(72)
Inderal	(48)	Vasocardol	(24)
Isomonil	(24)	Veracaps	(24)
Isoptin	(24)	Veradil	(24)
Isordil	(24)	Verapamil	(24)
<u>L</u>		Viagra	(72)
Lanoxin	(12)	Viskin	(48)
Lercanidipine	(24)	<u>Z</u>	
Levitra	(72)	Zanidip	(24)
Labetalol **	(48)		
Lopressor	(48)		