

Instructions for a Myocardial Perfusion Scan

Canterbury Bankstown Nuclear Imaging

www.snig.com.au

Name: _____

Appointment:

Date: _____ Time: _____



Your doctor would like you to have a **Myocardial Perfusion Scan**. This is a simple and safe test to investigate known or suspected disease in the coronary arteries, which supply blood to your heart.

Please report to the **Canterbury Bankstown Nuclear Imaging Department**
56 Meredith Street, Bankstown, 2200 NSW

If you cannot attend on the day, please call the Department to make another appointment time.



The phone number is: (02) 9708-4555
 Or Bookings (Toll Free): 1300136015

Procedure: This test has two parts: **REST** and **STRESS**

REST: You are given an injection of radioactive tracer, which is taken up by Heart muscle and scanned 20-30 minutes after injection.

STRESS: Stress part involves either exercise or administration of a drug called Persantin (or Adenosine), to increase blood flow to the heart muscle. You are closely monitored by a doctor and by ECG, during the stress test. During the stress test you will be injected with radioactive tracer. After the stress test there is a short resting period when you will be given a cup of tea or coffee, then a second set of pictures will be taken for comparison to the Resting images.

What you need to do before your Myocardial Perfusion Study.

Do let us know what medication you are taking, some medications need to be stopped up to 72 hours before your stress study, with your doctor's consent. You will find a list of medications on page 2 if the medications that you take are **not** on the list you must continue as prescribed. If you have a pacemaker, please continue all your medications and inform us of this when booking your appointment.

Bring any recent test results, such as **X-ray, CT scan.**

Do have a light breakfast on the morning of the test (no caffeine products).

Do wear comfortable clothing suitable to exercise in (ladies please wear a button up top).

Do not have any caffeine products for 24 hours prior to your stress study. You will find a caffeine list on page 2. If you develop a headache due to caffeine withdrawal you may take painkillers.

An important note for women having Nuclear Medicine Scans:

As with any test using radiation, you must **contact us** before your appointment if:

- You are or may be pregnant or if you are breast feeding
- You are diabetic – please take half your insulin dose the morning of the test and have a light breakfast.





MEDICATION INFORMATION

DO NOT take the following medications on the **day** of your test:

Adalat	Addos	Adefin	Amlo	Amlodipine	Anpec	Caduet
Cardizem	Cordilox	Coras	Diltahexal	Diltiazem	Dilzem	Exforge
Felodil	Felodipine	Felodur	Isoptin	Lercanidipine	Nifedipine	Nordip
Nifedipine	Norvasc	Nyefax	Oslopid	Perivasc	Plendil	Tensig
Twynsta	Triasyn	Vasocardol	Veracaps	Verapamil	Zanidip	
Zan-extra	Zircol	Nitrolingual patch				

Do not take the following medications **24** hours prior to your test

Anselol	Atehexal	Atenolol	Barbloc	Betaloc	Betahexal	Bicor
Bispro	Beprol	Bicard	Biso	Bisprolol	Brevibloc	Cardol
Carvedilol	Corbeton	Deralin	Dicar	Dicarz	Dilatrend	Dilasig
Duride	Esmolol	Inderal	Imdur	Imtrate	Isosorbide	Isordil
Kredex	Labelatol	Lopressor	Metohexal	Metrol	Metoprolol	Minax
Monodur	Nebivolol	Nebilet	Noten	Oxprenolol	Pindolol	
Propranolol	Solovort	Sotalol	Sotocor	Tensig	Ternormin	Toprol
Vedilol	Visken	Volirop				

Do not take the following medications **48** hours prior to your test

Asasantin Dipyridamole Persantin

Do not take the following medications **72** hours prior to your test

Nuelin Theodur Theophylline

PLEASE CHECK WITH YOUR REFERRING DOCTOR PRIOR TO STOPPING ANY OF THE ABOVE MEDICATIONS, ALSO YOU CAN HAVE YOUR MEDICATIONS CHECKED BY YOUR PHARMACIST.

BRING ALL CEASED MEDICATIONS TO THE APPOINTMENT.

CAFFEINE INFORMATION

Do not have any of these caffeine containing foods and drink for **24** hours prior to your test.

COFFEE - all types including:

Decaffeinated
Iced coffee
Frappuccino and Café coffees

Non-prescription drugs

Cafergot
NoDoz tablets
Travcalm tablets

SOFT DRINKS

Red Bull
Mountain Dew
Coco Cola, Diet Coke
Tab
V Energy drink
Mother Energy drink
Dr Pepper
Pepsi Cola
Pepsi Light, Diet
RC Cola

TEA – all types including:

Black
White
Oolong
Green
Flavoured
Decaffeinated
Iced tea
Instant tea

COCOA & CHOCOLATE

Cocoa beverage (mix)
Milk chocolate
Dark chocolate
Baking chocolate
Milo

Any foods containing coffee or chocolate