

Instructions for a Myocardial Perfusion Scan



ILLAWARRA Nuclear Imaging: WPH

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: **Illawarra Nuclear Imaging: Wollongong Private Hospital**
Suite 705, level 7, 360-364 Crown Street Wollongong NSW

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



The phone number is: (02) 42 261755
Or Bookings (Toll Free): 1300 136015

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	Amlol	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	Atehexas	Atenolol	Barbloc	Betaloc	Betahexas	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	Metohexas	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
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Do not take the following medications **72** hours prior to your test

Nuelin	Theodur	Theophylline
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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.

- **Note:** Do not take **Viagra**, [Cialis](#) or [Levitra](#), for **48 Hours** prior to the Stress Test.

CAFFEINE INFORMATION

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

COFFEE - all types including:
 Decaffeinated
 Iced coffee
 Frappoccino and Café coffees

TEA – all types including:
 Black
 White
 Oolong
 Green
 Flavoured
 Decaffeinated
 Iced tea
 Instant tea

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

COCOA & CHOCOLATE

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

Any foods containing coffee or chocolate