

# Instructions for a Myocardial Perfusion Scan

Shoalhaven Nuclear Imaging: Nowra



[www.snig.com.au](http://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 supplying blood to the heart muscle (Myocardium).

Please report to: **Standish Medical Centre: Suite 4A, 33 Berry Street Nowra, NSW 2541**

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



The phone number is: (02) 4423 1944

**Procedure:** This test has two parts: **REST** and **STRESS (over one or perhaps two days)**.

**REST:** You are given an injection of radioactive tracer, which is taken up by heart muscle and scanned approximately 20 minutes after injection.

**STRESS:** Stress part involves either exercise or administration of drug called Persantin, 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 resting period of half an hour when you will be given a cup of tea or coffee, then a second set of pictures will taken for comparison with the resting study.

**Preparation: No Caffeine (tea, coffee, coca cola, chocolate, decaffeinated coffee, herbal tea), for 24 hours before the test. Stop Beta Blockers, Nitrates and Calcium Channel Blockers 24 hours before the test.**

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

**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
- you are breast feeding



**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	Solovert	Sotalol	Sotocor	Tensig	Ternormin	Toprol
Vedilol	Visken	Voliroop				

**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.**

- 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
- Colas

**COCOA & CHOCOLATE**

- Cocoa beverage (mix)
- Milk chocolate
- Dark chocolate
- Baking chocolate Pepsi Light, Diet RC Other