

Kitchener - Waterloo Nuclear Medicine Program

Getting Ready for Your Myocardial Perfusion Scan

This form belongs to:

Patient Name

Date of Birth



Please follow the instructions on the “Getting Ready” timeline. This will provide the best test results.

On the day of your test, please bring:

- This form
- Your current medicines

Do not wear or use scented products before coming to the hospital

Length of time for your test:

2 Day Test:

Rest portion = 1 hour

Stress portion = 2 to 2.5 hours

1 Day Test (for out-of-town patients)

Rest and Stress = 4 to 5 hours

**If you have any questions, please
call: (519) 749-6495**

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Myocardial Perfusion Scan

A myocardial perfusion scan uses a small amount of a radioactive chemical to create pictures. These pictures show how well blood flows to the heart muscle. There are 2 types of tests – an **Exercise Treadmill** or a **Pharmacologic Stress** test.

Exercise Treadmill Test

Patients exercise on a treadmill until they reach their target heart rate, or until they feel they cannot continue and need to stop.

Getting Ready for your Treadmill Test:

2 Days Before:

- Avoid Beta-Blocker Medicines
 - Atenolol, Bisoprolol, Metoprolol, Propranolol

1 Day Before:

- Avoid Caffeine and “Decaffeinated”
 - Coffee/Tea, Soda Pop, Chocolate
 - Pain medicine with Codeine

4 Hours Before:

- Nothing to Eat or Drink
 - If you are diabetic, you may have a light meal 2 hours before your test.

Ordering Physician must check one:

Hold the following medication(s) for the test:

Continue to take medication(s) as prescribed.

Pharmacologic Stress Test

Some patients are unable to exercise on a treadmill. In this test, patients are given medicine that causes the heart to respond the way it does during exercise. This medicine is either “persantine” or “dobutamine” (if patient has lung issues)

Getting Ready for your Stress Test:

***** Stop medicines for Erectile Dysfunction 4 days before test*****

2 Days Before:

- Avoid medicines with nitrates (pills, patches) and Calcium-Channel blockers
 - Amlodipine, Diltiazem, Nifedipine, Nitro-Dur
- Avoid medicines with dipyridamole, theophylline, or pentoxifylline
 - Aggrenox, Aminophylline, Trental

1 Day Before:

- Avoid Caffeine and “Decaffeinated”
 - Coffee/Tea, Soda Pop, Chocolate, Pain medicine with Codeine

4 Hours Before:

- Nothing to Eat or Drink
 - If you are diabetic, you may have a light meal 2 hours before your test.