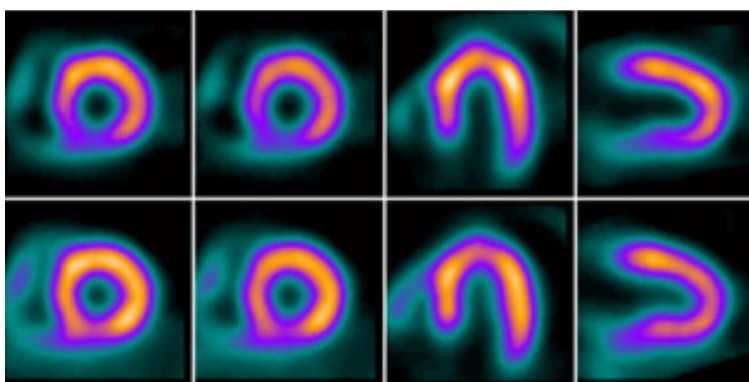


Information for patients having a  
**Exercise Myocardial  
Perfusion Scan (MPI/MIBI)**



Please arrive early to give yourself time to check in. Please bring with you photo identification and your BC Care Card (personal health number).

Do not bring children under the age of 12 with you unless you bring someone to care for them while you are having the test.

**Our staff will speak with you in English. If you are not fluent in English, please bring an adult interpreter with you who is able to stay for the entire test.**

If you are not able to keep your appointment, please call the department right away. By giving us at least 24 hours notice we are able to use your time slot for another patient. We will try to give you another date and time for your test when you call.

Please do not wear perfume, cologne, or aftershave to your appointment. Some people are allergic to fragrance ingredients and can suffer severe reactions.

## Why am I having this test?

The test is used to check for coronary artery disease. The coronary arteries are the blood vessels that supply blood to your heart muscle.

## What do I need to do before the test?

Are you allergic to latex? Pregnant? Breastfeeding?  
Please tell us.

## For 24 hours before the test:

1. **Stop all caffeine.** Caffeine products include coffee, tea, decaffeinated coffee and tea, cola, all carbonated drinks (except 7UP and ginger ale) or any drink containing guarana.

Caffeine is also in these medicines:

- Anacin
- Atasol 8/15/30
- Cafergot
- Dristan
- Ergodryl
- Excedrin
- Exdol 15/30
- Fiorinal (all kinds)
- Frosst 222, 282, 292
- Novogesic - 8/15/30
- Ratio Lenoltec #1,2,3
- Ratio Tecnal
- Tylenol #1,2,3
- Triatec 8/30

**2. Beta blockers and calcium channel blockers** may interfere with this test. Please talk to your doctor before you stop taking any of your medicine. For best results we recommend beta blockers and calcium channel blockers be stopped 24 hours before the test.

Examples include, but are not limited to, the following:

- Adalat (nifedipine)
- Monitan (acebutolol)
- Betaloc (metoprolol)
- Sectral (acebutolol)
- Blocadren (timolol)
- Sotacor (sotalol)
- Cardizem (diltiazem)
- Tenorim (atenolol)
- Corgard (nadolol)
- Trandate (labetolol)
- Inderal (propranolol)
- Transicor (oxprenolol)
- Isoptin (verapamil)
- Visken (pindolol)
- Lopressor (metoprolol)

You may continue to use nitroglycerin tablets or nitro-spray.

### **For 4 hours before the test:**

Do not eat or drink anything until we tell you to. Small sips of water are okay.

- If you are taking regular medicine(s) directed by your doctor and need to take it during these 4 hours, take your medicine(s) with a small amount of water.
- If you are diabetic and need to eat during these 4 hours, take your medicines and eat just enough to manage your blood sugar.

### **Bring with you:**

- All the medicines you are currently taking in their original containers
- Two snacks or money to buy snacks

Please wear loose, comfortable clothes. We prefer you wear pants with an elastic waist and a t-shirt or shirt without zippers or metal buttons. You may have to change into a hospital gown. We may also ask you to remove jewellery, glasses or other metal objects as these can interfere with the scan.

### **How long will the test take?**

The total test time is about four to five hours, so please plan for this.

### **What happens during the test?**

The test is divided into two parts:

- The 'Rest' Study
- The 'Stress' Study

**1. The 'Rest' Study:** In order for us to be able to see if there is enough blood supply to the heart muscle, we need to give you a trace amount of a radioactive material that we call MIBI or Myoview. To do this, we will start an IV. We then inject the tracer into your vein through the IV tubing. The IV stays in your arm for both parts of the test.

While we wait for your heart muscle to absorb the tracer, you now need to eat the first snack you brought or go to the cafeteria. Remember – **Nothing with Caffeine!**

We take images or pictures about 1 to 2 hours after the injection. We will tell you what time to be back in the department.

It takes about ½ hour to do all the images for this part of the test.



**2. The 'Stress' Study:** We take you to the Cardiology/ ECG Department for an exercise test. Then we give you a second injection of tracer in your IV line.

After the injection of the tracer, you eat the second snack. At this point, you can now have drinks with caffeine if you want.

We take images about 1 to 2 hours after the tracer injection. We will tell you what time to be back in the department. You can wait in our waiting room or in the cafeteria but you must not leave the hospital.

It takes another ½ hour to do all the images.

### **What can I expect after my test?**

The tracer will not make you feel any different. Your body will naturally remove the tracer from your system over the next 2 weeks.

Call your doctor if you have any concerns or questions.

We send your test results to your doctor within 5 working days after the test is completed. If your doctor does not have your results within two weeks, please ask your doctor to contact us.

If you are planning to travel within 10 days of this test, please tell the Nuclear Medicine receptionist. We will give you a letter that says you have been given a small amount of radioactivity for this test.

## Hours of Operation:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

## Contact Numbers:

**Patient's Name:** \_\_\_\_\_

**Appointment Date:** \_\_\_\_\_

**Appointment Time:** \_\_\_\_\_

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