

Abbotsford Regional Hospital

Exercise

Myocardial Perfusion Test

A Patient Information Guide

Appointment

Date: _____

Time: _____

(Medical Imaging: 2nd Floor, Fraser Pavilion.)

Please check in 15 min before your
appointment.

No Caffeine 24 hours before your scheduled appointment.

This includes coffee/tea, decaffeinated
coffee/tea, ice tea, hot chocolate,
anything containing chocolate, soft
drinks, energy drinks, chocolate milk,
green tea, Tylenol-3.

PLEASE DO NOT WEAR ANY PERFUME
OR COLOGNE



Is there any risk involved?

This is a frequently used procedure with a high margin of safety but there are some risks.

The test will be stopped if:

- You have a subjective feeling of exhaustion (tired legs or fatigue)
- Abnormal blood pressure
- Abnormal EVF. This could be a detection of either an abnormal heartbeat (arrhythmia); or ischemia, which occurs when the heart muscle is not receiving enough oxygen to perform that amount of work.
- Severe chest pain or any other discomfort. This may be in the form of chest, arm, jaw or leg pain, lightheadedness or undue shortness of breath.
- Target heart rate reached.

*If you experience chest
discomfort or pressure or feel
discomfort in the arms or jaw
you should tell the physician
present during your test.*

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Nuclear Medicine Dept:
Telephone: 604 851 4868
Booking Fax: 604 851 4904

Exercise MPI Stress Test

This test will start at the Nuclear Medicine Department located in Medical Imaging on the Second Floor in the Fraser Pavilion.

The Exercise MPI (Myocardial Perfusion Imaging) test is to provide a method of checking for impaired blood flow to the heart muscle

The procedure takes approximately 4-5 hours to complete.

Why Do I need one?

Your doctor wants to determine the response of your heart, lungs and muscles to exercise. It is important that you perform this test to the best of your ability in order to make our measurements as accurate as possible.

This test is most often ordered for people who have experienced angina, have had an abnormality on an ECG or is in for a pre-operative assessment. A Nuclear Medicine stress test is commonly the first diagnostic imaging cardiac test performed to better show the extent of blood flow to the heart.

Is there any special preparation?

- Do not eat or drink anything from midnight the night before the test. **YOU MAY HAVE WATER ONLY.**
- Diabetic patients may drink juice or eat toast in the morning. Take diabetic medication as needed.
- **COPD and Asthmatic Patients** - please use your puffers in the morning as required before the test starts
- Do not take your morning pills if instructed by your ordering physician. If you are unsure, please contact the referring physician's office. Bring all medications with you to your appointment.
- **NO CAFFIENE** products i.e. coffee or tea, energy drinks, soft drinks or chocolate **24 hours** before your test.
- **Come to the Medical Imaging Department to register on the 2nd floor.**
- Wear comfortable clothing
- **Bring money for parking and food.**
- If you do not speak or understand English please bring an interpreter.
- If you need assistance please bring someone with you.

What happens at the test?

The Rest Image

- The Nuclear Medicine Technologist will start an intravenous in Nuclear Medicine, give you your first injection of a radioactive tracer and provide you with an explanation,

time frame and answer any questions you may have regarding the test.

- Next you will have a waiting period of up to 1-2 hours before your Resting Images which will take approximately 30 minutes.
- After the images you will be asked to go to the diagnostic cardiology department located on the 3rd floor for the Exercise Test

The Exercise Test

- This portion of the test is performed by a Cardiology Technologist, a Cardiologist or Internist and a Nuclear Medicine Technologist.
- The Cardiology Technologist will place 10 electrodes to your chest and hook you up to an electrocardiograph machine and you will run or walk on the treadmill with guidance from the physician and Cardiology Technologist.
- Once your heart rate has reached target you will be injected with a second injection of the radioactive tracer and instructed to exercise for one to two more minutes.

At the End of Your test:

- You will be asked to eat breakfast and take your medication.
- Report to Nuclear Medicine for your second set of images at a predetermined time given to you by the technologists.
- The IV will be removed after your last set of images.