

NUCLEAR CARDIOLOGY EXAM INFORMATION

LOCATION

ENTER FROM QUEEN STREET
CHECK-IN AT MEDICAL IMAGING RECEPTION – 3RD FLOOR CARDINAL CARTER WING

TEST DURATIONS + PREPARATION

MYOCARDIAL PERFUSION	VENTRICULAR FUNCTION	MYOCARDIAL VIABILITY	CARDIAC AMYLOIDOSIS
2 hours for MIBI (stress) ★ 2 hours for MIBI (rest) ★ Follow stress test preparation for all MIBI exams	1 hour for MUGA (resting) 2 hours for MUGX (stress) Follow stress test preparation for MUGX exams only	2 DAY TEST 4 hours for day 1 ½ hour for day 2 No preparation either day	2 hours (standard) 4 hours (as needed) No preparation

★ MIBI exams: you may choose to have the rest + stress exam on the same day (4 hours), or on a different days (2 hours each)

STRESS TEST PREPARATION INSTRUCTIONS

MEDICATION RESTRICTIONS

DO NOT STOP TAKING ANY MEDICINE WITHOUT TALKING TO YOUR DOCTOR FIRST

- ☐ Stop Aminophylline, Theodur (Theophylline), and Uniphyll) 3 days before the test
- ☐ Stop Viagra (Sildenafil), Levitra (Vardenafil), or Cialis (Tadalafil) 2 days before the test
- ☐ Stop Aggrenox, Persantine, or Agrelone 1 day before the test
- ☐ Stop Beta-Blockers 1 day before the test; e.g. Acebutalol/Sectral, Atenolol/Tenormin, Bisoprolol/Monacor, Carvedilol/Coreg, Labetalol/Trandate, Propranolol/Inderal, Metoprolol/Lopressor/Betaloc

DIETARY RESTRICTIONS

- 24 HOURS BEFORE THE TEST:**
- DON'T TAKE ANY MEDICINES/SUPPLEMENTS THAT CONTAIN CAFFEINE**
- ❖ Check the product label for “caffeine”
- Stop pain medications that contain caffeine (e.g. Anacin, Excedrine, Lenoltec 1/2/3, Midol, Tylenol 1/2/3/4, etc.)
 - Stop appetite control pills, diet pills, and weight loss pills that contain caffeine
 - Stop cough, cold, sinus, and flu medicines that contain caffeine
 - Stop all non-drowsy medications and caffeine pills

- 24 HOURS BEFORE THE TEST:**
- DON'T EAT OR DRINK ANY CAFFEINE PRODUCTS**
- ❖ This includes decaffeinated products, as they are not caffeine-free
- Stop drinking coffee (regular or decaf), tea (regular, decaf, or herbal), or ice tea
 - Stop eating/drinking chocolate, hot chocolate/cocoa, or chocolate/cocoa containing products
 - Stop taking energy drinks/gels (e.g. Red Bull, GURU, Hype, Octane, Rock Star, Monster, etc.)
 - Stop drinking soft drinks that contain caffeine (e.g. Coke, Pepsi, Root Beer, Cream Soda, Dr. Pepper, etc.)

- 2 HOURS BEFORE THE TEST:**
- DON'T EAT 2 HOURS BEFORE THE TEST**
- ❖ Patients with diabetes may have non-caffeinated diabetic snacks
- You may have water or juice at any time throughout the test
 - You can take any medicines not mentioned in the medication restrictions above with water

OTHER IMPORTANT INFORMATION

Bring your Ontario Health Card or other health insurance information with you to the test

Bring a current list of your medicines with you to the test, and bring any medications you may need

Bring comfortable clothes and walking or running shoes that are appropriate for vigorous walking or exercising

IF YOU HAVE DIABETES – bring your blood sugar monitor, diabetic snacks, and medicines with you to the test

IF YOU HAVE ASTHMA OR A LUNG CONDITION – bring your inhaler medicines (puffers) with you to the test



NUCLEAR CARDIOLOGY EXAMS ARE NOT APPROPRIATE FOR PREGNANT PATIENTS
Call us at 416-864-5115 if you have questions about your test.

