

## What can I expect after my Nuclear Medicine Stress Test?

You can resume your normal activities, unless the physician or technologist tells you otherwise.

We suggest you increase fluid intake over the next 24 hours to flush the MIBI from your system.

The Cardiologist or Nuclear Medicine Physician will review your images and send a report to your physician within 2 weeks; often sooner. Please follow-up with your physician for your results.

If you are travelling in the week after your Nuclear Medicine Stress Test, please inform the technologist. They will provide you with a travel document declaring your recent visit to Nuclear Medicine. With increased international security measures at airports, borders and major tourist attractions, radiation detectors have been installed which could detect traces of the Radiopharmaceutical in your body. Having this supporting documentation may help to avoid lengthy delays.

If you are unable to keep your appointment, please let us know at least **48 hours in advance**.

To contact us, please call  
(519) 621-2333 ext. 2245  
Monday to Friday,  
7:30 am to 3:30 pm

## What are the risks with having a Nuclear Medicine Stress Test?

A Nuclear Medicine Stress Test is a generally safe procedure. Risks include:

### □ Exposure to Radiation

Nuclear Medicine involves the injection of a Radioharmaceutical, which exposes you to a small amount of radiation, like X-rays do.

Female patients who are or might be pregnant must inform the technologist in advance.

The radiation risk is not well known but believed to be very small. Your doctor has determined that a Nuclear Medicine Stress Test is necessary for your course of health care and feels the benefits of having the test outweigh the risks.

### □ Risk of Cardiac Event

During the stress portion of the test, you will exercise on a treadmill or receive a medication (Dobutamine or Persantine) that increases the blood flow to your heart. You are carefully monitored by the physician and technologists during this part of the test. In rare instances (1 in 10,000) patients can experience a serious, life-threatening event requiring medical attention.



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[www.cmh.org](http://www.cmh.org)

# Welcome to Nuclear Medicine



You are scheduled for a:

- Exercise MIBI Stress Test
- Persantine MIBI Stress Test
- Dobutamine MIBI Stress Test

Your Appointment is booked for

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

Please register at Diagnostic Imaging Reception, Level One, **15 minutes before** your scheduled appointment

**PLEASE READ**  
at least **3 days before** your appointment  
for important instructions

## What is a Nuclear Medicine Stress Test?

A Nuclear Medicine Stress Test is a diagnostic imaging test that shows how well blood flows through your heart and arteries while you are resting and during physical exertion. A small amount of radioactive tracer, called Sestamibi (MIBI), is injected and special cameras are used to take pictures of your heart.

## What should I bring to my appointment?

- Your health card
- Comfortable clothing and running shoes if you are having an exercise stress test
- All your current medications
- An interpreter, if required

## Medication Instructions (completed by physician)

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## How long will my Nuclear Medicine Stress Test take?

A Nuclear Stress Test takes 4 ½ to 5 hours. There are 4 parts to the test and you will have some periods of time between each one. If you have been booked for a 2-Day test, parts 1 & 2 will be done the first day and parts 3 & 4 on the second day.

## How do I prepare for my Nuclear Medicine Stress Test?

If your doctor has advised you to stop certain medications before the test, please follow instructions. Some heart and blood pressure medications affect the results of the test. It is important you follow your doctor's instructions or your test may need to be rescheduled.



**NO CAFFEINE** (coffee, tea, chocolate, cola, etc.) for 24 hours before the test.

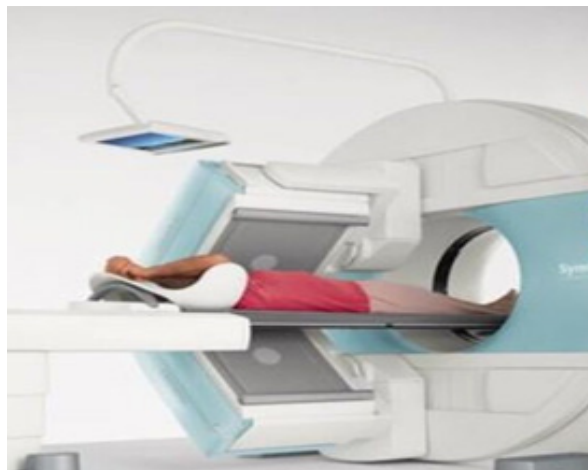
DECAFFEINATED products are not allowed, as they contain trace amounts of caffeine.



**DO NOT EAT, DRINK or CHEW gum** for 4 hours before the test.

If you are diabetic, please contact your doctor for dietary instructions.

Only your doctor can provide instructions about insulin and other medications.



## What can I expect during my Nuclear Medicine Stress Test?

There are 4 parts to this test.

- Part 1: The technologist will explain the test, complete an interview regarding your past cardiac history and ask you to sign a consent form. They will put an IV in your arm and inject you with the MIBI. You will then wait approx. 1 hour for Part 2.
- Part 2: The resting pictures of your heart will be taken using our Nuclear Medicine camera. You will lie on your back with your arms resting above your head for 15 minutes. It is important you hold still and breathe normally during the pictures.
- Part 3: You will be connected to a heart monitor and blood pressure machine. If you are having an exercise test, you will walk on the treadmill to increase blood flow to your heart. If you are having a Persantine or Dobutamine, this medication will be given to simulate exercise. A doctor is present to monitor your heart rate and blood pressure which is expected to change (increase/decrease). You will have a 2nd injection of MIBI. You will then wait 1-2 hours before Part 4. You will be given instructions regarding eating and drinking.
- Part 4: The stress pictures of your heart will be taken using our Nuclear Medicine camera. You will lie on your back with your arms resting above your head for 15 minutes. It is important you hold still and breathe normally during the pictures.