

TEST INSTRUCTIONS & APPOINTMENT DATES

Please read & follow all instructions.

If you have any questions call Apex 705-874-6660 ext 2

TEST - PERSANTINE MYOCARDIAL PERFUSION, EXERCISE MYOCARDIAL PERFUSION, DOBUTAMINE MYOCARDIAL PERFUSION

Location: 1757 Sherbrooke St. Peterborough, ON

First day of nuclear testing -Bring all of your medications in original containers as well as a list (so we can scan it into your chart)

**** To take the images for the test you will be required to lay on your back with arms above your head, if you are unable to do this you must contact us as soon as possible ****

STRESS DAY:

- **No caffeine 24 hours before test** NO- coffee, tea, pop, chocolate, OR de-caffeinated drinks **24 hours before test** (water/juice is safe to drink)
- **No food 2 hours before test** (if diabetic please wake up early to eat breakfast before test) **BE WELL HYDRATED, DRINK PLENTY OF WATER the day before & day of test. Drink @ least 500mls of water 1hr before the test & bring water with you.**
- Take medications as normal, unless instructed otherwise
- **Do not** take Viagra, Levitra, or Cialis for **72 hours** before test
- **Do not** use Opioid patches (Butran, Fentanyl), Nitroglycerine sprays, or wear Nitroglycerine patches **on the day of the test**
- **Do not** use any lotions or oils on the skin of your chest **24 hours** before test
- **Bring** any puffers you use for breathing
- Bring a snack and water to drink – **THIS IS MANDATORY**
**** the snack must contain cheese or something fatty ie- peanut butter, full fat yogurt ****
- **Wear** shoes appropriate for walking on the treadmill, and a t-shirt with no buttons or zippers
- **Wear** a bra with no underwire in it or a sports bra
- The test is approximately 2 hours long
- **Do not consume any medications that may contain caffeine, including prescription Tylenol #1,2,3, OR any migraine medications that might contain caffeine for 24 hours prior to the test**

**** This test may not be completed if Caffeine is consumed within 24 hours of test ****

FOR EXERCISE OR DOBUTAMINE

If a medication is **Bolded and underlined** -- **Do NOT** take it 48 hours prior to test

Atenolol Carvedilol Bisoprolol Metoprolol Cardizem/Diltiazem Other:

FOR PERSANTINE

If a medication is **Bolded and underlined** -- **Do NOT** take it 24 hours prior to test

Aggrenox Isosorbide Di-nitrate (ISDN) Theophylline Pentoxifylline (Trental)

Persantine (Dipyridamole) Tylenol #1,2,3 Lenoltec Codeine Nitroglycerine Patch

**** If you are pregnant, or breastfeeding, OR you have a Barium/Contrast dye study scheduled within 5 days prior to the above testing date, please contact us as soon as possible.**



****We require 24 hrs notice for cancellations. The radioactive tracer has been prepared prior to the test and it cannot be used at a later date. It is very expensive and brought into the clinic the day of use. Please comply with ALL instructions or you will be invoiced \$100 for this appointment if we cannot perform the test.**

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OVER

REST DAY:

- **No food 2 hours before test** (if diabetic please wake up early to eat breakfast before test) – **BE WELL HYDRATED, DRINK PLENTY OF WATER the day before & day of test. Drink @ least 500mls of water 1hr before the test & bring water with you.**
- Take medications as normal, unless instructed otherwise
- **Do not use** lotions or oils on the skin of your chest 24 hours before test
- **Bring** a snack and water to drink – **THIS IS MANDATORY**
**** the snack must contain cheese or something fatty ie- peanut butter, full fat yogurt ****
- **Wear** a t-shirt with no buttons or zippers
- **Wear** a bra with no underwire in it or a sports bra
- The test is approximately 2 hours long

**** If you are pregnant, or breastfeeding, OR you have a Barium/Contrast dye study scheduled within 5 days prior to the above testing date, please contact us as soon as possible.**

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