

## What should I bring with me to my appointment?

- Your Health Card
- Your full medication list (with dosage information)
- Comfortable, rubber-soled shoes suitable for running or walking long distances (no sandals or high heels)
- Wear a two-piece, loose fitting, comfortable outfit

## What should I do after my test?

Resume taking your medications on schedule, especially those you were instructed to stop taking in preparation for your test.

Your test will be reviewed by a Cardiologist and a Radiologist and the results will be given to your doctor.

Please contact your doctor to find out your test results.

## Booking Hours:

Monday to Friday  
8:30 a.m. to 4:30 p.m.

**Phone: 905-472-7020**

**Fax: 905-472-7078**

**Appointment date:**

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**Appointment time:**

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If you are unable to keep your appointment, please call at least 24 hours in advance to cancel your test.

Form #: BRONMPCST



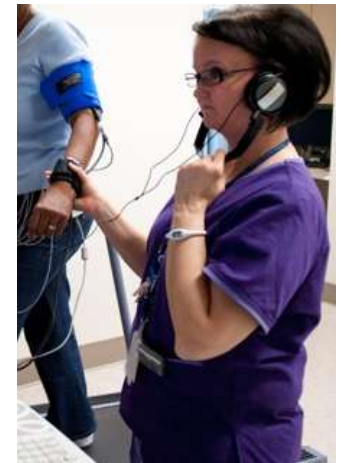
381 Church St. P.O. Box 1800  
Markham, Ontario. L3P 7P3

905.472.7000

www.msh.on.ca

## Nuclear Medicine

## Exercise Cardiolute or Persantine Cardiolute Stress Test



## Patient Information

*A physician has ordered a heart test for you. The following information will help you prepare for your test and learn what to expect on the day of your test.*

### **How do I make my test appointment?**

Your signed and completed requisition must be sent to our booking department before we can schedule your test.

We ask that doctors and patients forward the requisition to the diagnostic imaging department directly. You will be contacted within one to two business days after we have received the completed requisition to schedule an appointment.

If you have not been contacted within three to four business days after seeing the doctor, please contact us by calling the number on the back of this brochure.

### **How should I prepare for my test?**

Most patients are required to stop taking their “beta blocker medicines” 48 hours before the test date. If you are unsure please check with your doctor.

If you are currently taking a medicine called Theophylline, consult your doctor, as this specific medication is typically stopped for one week before the exam.

Do NOT consume any caffeinated or decaffeinated foods or drinks for 24 hours before the test date including all coffee, tea, herbal tea, pop, colas, energy drinks, chocolate and medicines containing caffeine such as Tylenol and Excedrin.

Your appointment will be rescheduled if you have consumed any caffeinated or decaffeinated products too close to the appointment.

Do NOT eat for three to four hours before the test. You may drink water, juice or milk in the morning before arriving. Only patients with diabetes and hypoglycemia are encouraged to snack before their appointment time if they need to control their blood sugar levels.

### **What should I expect on the day of my test?**

1. You will be at the hospital for up to four or five hours in order to complete all parts of this procedure. There are several stages of waiting involved with this test and you will be required to stay at the hospital until your exam is complete.
2. Several sets of images of your heart will be taken in the Nuclear Medicine department. This is done by administering a radioactive tracer to you intravenously.
3. Between the sets of images, your *nuclear stress test* will take place in the CardioRespiratory department. Your heart assessment will be done by either having you exercise on a treadmill or by having you take *Persantine*, a medication that mimics the effect of exercise on your heart – the doctors will determine what method is best for you.