FAQS

How long will the Cardiolite remain in my system?
Your body will eliminate the Cardiolite after one or two days.

Why do I have to have an IV?
It is easier to inject the Cardiolite while you are walking on the treadmill if it is done through an intravenous. It prevents you from having two separate injections.

Is Cardiolite a dye?
No, Cardiolite is a radioactive isotope. It is not a dye and does not have any side effects.

Why do I have to sign a consent form?
There are slight risks to this test and the consent form allows you to be treated should any problems occur during the test.

Location:
Diagnosis services is located on the second floor of Building B at the Markham Site.

Your appointment has been scheduled for:
Date: _________________
Time: _________________

Please bring your OHIP health card with you and arrive 30 minutes before your appointment time.

If you are feeling unwell, have a high temperature, cough or sore throat on or before the day of your appointment, please call the Scheduling Centre to reschedule your appointment.

(06/13)
What is a Myocardial Perfusion Imaging (MPI) or Cardiolite Stress Test?

A myocardial perfusion imaging (MPI) or Cardiolite stress test is a diagnostic exam used to determine if your heart muscle is getting the blood supply it needs. The Cardiolite stress test involves walking on a treadmill, while the Cardiolite Persantine stress test involves the administration of a drug to simulate stress.

Your doctor would order this test:

- Diagnosing the presence or extent of coronary artery disease (CAD)
- To rule out a myocardial infarction (heart attack)
- Assessing the heart condition in patients with risk factors for heart disease, such as family history, smoking, obesity, diabetes, undiagnosed chest pain, and/or positive stress test.
- Completing a heart "risk assessment before surgery and after cardiac surgery

What to Expect

Before

On the day of your cardiac stress test, please exclude caffeine products, alcohol and smoking. Caffeine products include: coffee and tea (decaffeinated and caffeinated), chocolate, cocoa, soda, pop and any medication or supplements that may have caffeine.

If you are taking heart or blood pressure medications, check with your physician whether you are to stop the medication before the test.

If you are scheduled for a Persantine stress test, please stop taking Theophylline at your physician’s request.

Do not engage in strenuous exercise (brisk walking or jogging) on the day of your test. Wear loose-fitting, comfortable, short-sleeved exercise clothing (t-shirt and shorts or jogging pants) and rubber-soled shoes (running shoes). Do not wear a dress or skirt. Women should wear a bra for exercise. Please do not wear jewellery or perfume for your test.

Do not eat for three to four hours prior to the test; water and juice are permitted. If you are diabetic, you may have a light snack (toast and juice) two hours prior to your test if needed.

During

This test will take approximately four to five hours.

During your test, an intravenous will be inserted into your arm with an injection of Cardiolite (an agent used to highlight the area being imaged for increased visibility) before we scan you with a camera for 20 minutes. We will then go to the cardio respiratory stress lab for the stress portion of your test.

Our cardiologist technologist will prepare you for your stress test. A physician will inject Cardiolite while you are on a treadmill. For a Persantine stress test, you will have the injection at rest. In both cases, you will go to our nuclear medicine department for a scan, after the exercise Persantine portion of the test is complete.

After

Persantine may cause headache or nausea and Cardiolite could result in a metallic taste in your mouth.