

SIDE A



- **If you must cancel your appointment**, we require 48 hours notice. (Products are purchased specifically for your procedure) Please call **613 969-7400 Ext. 2494**
- **Check in at Nuclear Medicine** – Take the Staff Elevators in the Quinte Wing to the Basement Level and follow the arrows.

Appointment Date and Time:

- **Your test can take approximately 4.0 hours**

NOTE: Your test may be rebooked if instructions are not followed.

Instruction for Myocardial Perfusion (MIBI) Test

Exercise



Can I take my medications?

(After consultation with your physician, and unless otherwise directed, follow these instructions)

48 hours before your appointment:

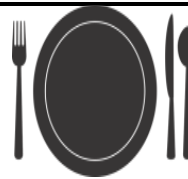
- X STOP** All Beta Blockers, such as; Metoprolol , Bisoprolol , Atenolol, Carvedilol, Monacor, Lopresor, Sotalol, Propanolol
- X STOP** All Calcium Antagonists, such as; Norvasc, Cardizem, Diltiazem, Adalat, Amlodipine, Tiazac, Felodipine, Nifedipine, Verapamil, Isoptin, Plendil

24 hours before your appointment:

- X STOP** Long Acting Nitrates, such as; IsoBid, Isordil, Isorbide dinitrate, Imdur Sorbitrate Dilatrate-SR
- X STOP** Viagra, or Cialis
- X STOP** Graval, Fiorinal, Tylenol 1, 2, or 3 - or any meds containing caffeine(ask Pharmacist)

12 hours before your appointment:

- X STOP** Nitro Patch, but continue to use Nitro Spray or Nitro pills as needed.



What can I eat and drink?

The day before appointment (24 hours);

Eat your usual meals, **EXCEPT;**

- X STOP** All types of coffee and tea, including decaf and herbal
- X STOP** All types of chocolate, including hot chocolate, and chocolate milk
- X STOP** All soft drinks, pop, energy drinks

ON THE DAY OF YOUR TEST:



Bring all of your medications in their original containers.



You must bring food or money to purchase food.



Fast 4 hours, only water permitted.



Wear comfortable clothes and shoes (NO SANDALS OR HEELS)



No Smoking on morning of test.



Make sure you have followed the instructions for the procedure.