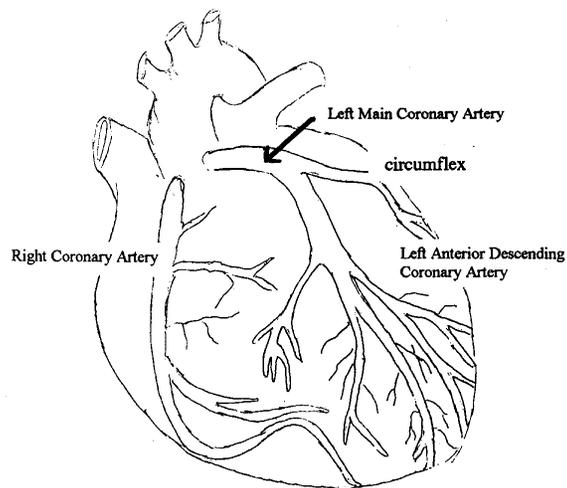


The following information briefly explains the **Myocardial Perfusion Imaging Exercise (Cardiolite)** test. It does not substitute for a discussion between you and your physician.

About Your Heart

The heart is a muscle that works as a pump, pumping blood to all areas of the body. It, too, requires blood from vessels called the coronary arteries. There are three main coronary arteries: the left coronary artery, the circumflex, and the right coronary artery. If the bloodflow through these arteries becomes narrowed or blocked, the heart cannot function properly. Narrowing of the coronary arteries is known as coronary artery disease (CAD).

An injection of a radioactive substance (radioisotope) is given. Pictures are taken to show the bloodflow to the heart muscle. These images provide valuable information to your doctor about your heart. This information will help your doctor decide if you need treatment and, if so, which treatment is best for you.



Instructions

The day BEFORE the test

1. No alcohol or caffeine (tea, coffee, chocolate, cola), **including decaffeinated beverages**, 24 hours before the test.
2. No Tylenol # 2 or # 3 (many over-the-counter items contain caffeine; please check packaging).
3. No strenuous exercise the day before the test or the day of the test.
4. Sometimes, the doctor will ask that you do not take specific medications before the test, as some medications may alter the test results.

**Do not stop any of your medications
unless instructed to do so.
(If unsure, contact your family physician
or your cardiologist).**

The Day Of The Test

1. Do not eat anything for 4 hours before the test. If you are **diabetic** and need to stabilize your blood sugar levels, you may have a light snack (toast, jam, juice) two hours prior to your test.
2. A small amount of water may be taken unless instructed otherwise.
3. Bring shorts or track pants, short-sleeved shirt, rubber-soled shoes, preferably running shoes.
4. Bring a list of your medications.
5. Please bring fruit, vegetables and/or juice with you, as you will be allowed to have these half-way through the test.

The Day Of The Test (cont'd.)

6. If you have a cold, fever or do not feel well, let the Cardiology Department know, as your appointment may have to be cancelled and re-booked.
7. If you are unable to keep your appointment, call 905-338-4686 between 8:00 a.m. and 3:45 p.m., 24 hours in advance.

What Happens During the Test

1. When you arrive in the Cardiology Department, please have your health card ready.
2. An intravenous line (IV) will be placed in your arm. You will be given an injection of a radioactive substance.
3. There is a 1 - 2 hour wait before the next stage of the test.
4. You will then have resting pictures taken. You will lie down on a special bed and a camera will rotate around your chest. It is important that you lie still. These pictures take about 10 - 20 minutes.
5. You will then have the exercise portion of the test. Several electrodes will be placed on your chest. It is sometimes necessary to shave the chest.
6. You will be asked to walk on the treadmill for as long as you can. The amount of effort will increase every three minutes. You may experience symptoms such as shortness of breath, fatigue or chest discomfort. You must tell the technologist of any symptoms you are having during the test. Your heart rate, blood pressure and ECG are monitored continuously throughout the test.

What Happens During the Test (cont'd.)

The radioisotope will be injected through the IV about one minute before the end of the exercise.

- The radioisotope will be carried by the blood to the heart muscle. If the coronary arteries are open, the radioisotope will get into the heart muscle. If the coronary arteries are narrowed or closed, there will be less radioisotope in the heart muscle.
- The pictures are repeated in approximately 1 - 2 hours.

Notes

**You may eat lightly after the exercise but, please, eat NO-FAT foods!
You may ONLY have fruits, vegetables, juices or water.**

- ◆ It will take 4 - 5 hours to complete the exam.
- ◆ If you are travelling, please note that the radioisotope may be detected by radiation sensors at borders or airport screening check points. Please contact the Nuclear Medicine technologist for more information and to obtain a "travel letter".
- ◆ The radiation dose given to you is very small. It is comparable to approximately 4-5 times the amount you would otherwise receive from natural environmental radiation in one year.
- ◆ The radioisotope decays and is excreted from your body within 2 - 3 days.
- ◆ You will not feel anything when the radioisotope is injected. Reactions are very rare.

Notes (cont'd.)

- ◆ You will be able to drive after the test.
- ◆ You should continue with your heart medications after the test, unless otherwise instructed.
- ◆ The results of your test take approximately one week.

Consult Your Physician If You:

- Are pregnant
- Suspect that you are pregnant
- Are breastfeeding



Oakville Trafalgar Memorial Hospital

CardioRespiratory Department

Myocardial Perfusion Imaging Exercise Test (Cardiolite)

PATIENT NAME: _____

TEST DATE: _____

TEST TIME: _____

MEDICATION: _____

LOCATION

Oakville Trafalgar Memorial Hospital
Cardiology Department - 1st Floor – Near Gift Shop
Phone: 905/338-4686 Fax: 905/815-5082

