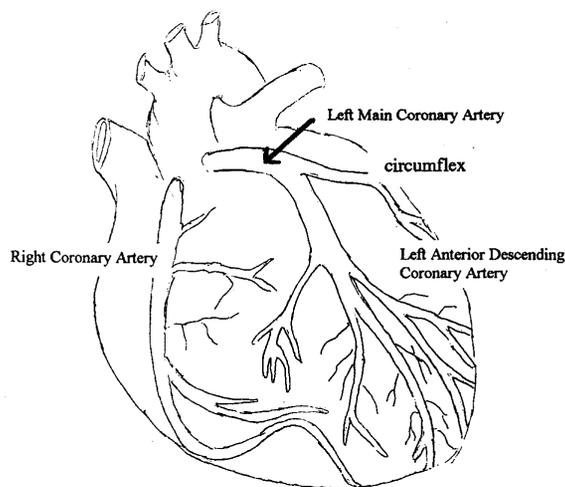


The following information briefly explains the **Myocardial Perfusion Imaging (Dipyridamole)** test. It does not substitute for a discussion between you and your physician.

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 a list of your medications.
4. 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.)

5. 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.
6. 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 (IV) line 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 rotates around your chest. It is important that you lie still. These pictures take about 10 – 20 minutes.
5. You will then have the stress portion of the test. The drug Persantine is used for people who cannot walk on the treadmill and is given to increase the bloodflow to the heart.
6. Several electrodes will be placed on your chest. It is sometimes necessary to shave the chest.

What Happens During the Test (Cont'd.)

- 7. The doctor will inject the Persantine into the IV line over 4 minutes. During this time, your heart rate, blood pressure and ECG will be monitored. Your heart rate may increase and the blood pressure may decrease slightly. This is the normal response. You may experience a flushed feeling, palpitations, headache or chest pain. You must tell the technologist of any symptoms you are having during the test. Your heart rate, blood pressure and ECG will be monitored throughout the test. If symptoms continue, you may need a drug called Aminophylline to reverse these symptoms.
- 8. The radioisotope will be injected through the IV line about 6 minutes after the Persantine. It 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 in the heart muscle.
- 9. The pictures are repeated in approximately 1 - 2 hours.

Notes

You may eat lightly after the stress portion of the test 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.
- ◆ The radioisotope decays and is excreted from your body within 2 – 3 days.

Notes (cont'd.)

- ◆ 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.
- ◆ You will not feel anything when the radioisotope is injected. Reactions are very rare.
- ◆ 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
(Dipyridamole) Test
(Persantine 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

