

Diabetes Medication Adjustment for Myocardial Perfusion Testing

When you have diabetes and are undergoing a myocardial perfusion testing, you will need to adjust your medications and insulin doses before the test. These guidelines can help assist you in adjusting your diabetes medications and insulin.

2-Day MIBI Nuclear Perfusion Test

This procedure is used to evaluate and image the blood flow to the heart muscle while in a 'resting' state (no exercise) and in a 'stressed' state (exercised).

You will be required to have two appointments, one for the stress protocol and another for the rest protocol. They will not be done on the same day but can be done in either order. In preparation for the test, **do not eat or drink 2 hours prior to the 'stressed' state, and 4 hours prior to the 'rest' state test.** Patients with diabetes will be given priority early morning appointments for the rest and stress studies.

Exercise Test

For the evening before your test:

- Continue your usual oral diabetes medications and long-acting insulin as prescribed
- Do not consume any caffeinated beverages, or chocolate containing products.
- May have a bedtime snack to reduce risk of low blood sugar in the morning.

On the morning of your test:

- If breakfast takes place before 7am, you may eat and decrease your meal time insulin dose by 50%. Avoid rapid insulin if no meal is consumed. If taking long acting insulin, continue with usual dose.
- Please take your oral diabetes medications, and usual food intake AFTER the test is complete.
- Check your blood sugar before and after the procedure, as signs of low blood sugar are masked during exercise.

For 2 hours before your test:

- **Do not have anything to eat or drink.**

For the rest of your day:

- Test your blood sugars more often (at least every 4hrs), and resume usual insulin doses and/or oral diabetes medications.

Rest Test

For the evening before your test:

- Decrease your dose of long-acting insulin by 20%.
- Insulin Pump – reduce your basal rate by 20% at bedtime and run until your test time.
- May have a bedtime snack to reduce risk of low blood sugar in the morning.

On the morning of your test:

- Do not take meal time insulin or oral diabetes medications. If taking long acting insulin, continue with usual dose.

For 4 hours before your test:

- **Do not have anything to eat or drink.**

For the rest of your day:

- Test your blood sugars more often (at least every 4hrs), and resume usual insulin doses and/or oral diabetes medications.

Always follow your doctor's instructions and contact your Endocrinologist or Diabetes Educator for further advice is needed in adjusting your insulin. We strongly encourage patients to test blood sugars before and after the procedure to address any high or low blood sugar results.

Dipyridamole Perfusion Test

This test is ordered when your doctor considers a standard treadmill stress test unsafe. This procedure is used to evaluate and image the blood flow to the heart muscle while in a 'resting' state (no exercise) and in a 'stressed' state (exercised). Dipyridamole is a medication that will be injected through an IV, which increases the blood flow to the heart by expanding your blood vessels. This medication causes a similar effect on the blood vessels to exercising. It is important that you **do not eat or drink 2 hours prior to the 'stressed' state, and 4 hours prior to the 'rest' state test.**

Exercise Test

For the evening before your test:

- Continue your usual oral diabetes medications and long-acting insulin as prescribed
- Do not consume any caffeinated beverages, or chocolate containing products.
- May have a bedtime snack to reduce risk of low blood sugar in the morning.

On the morning of your test:

- If breakfast takes place before 7am, you may eat and take your usual dose of insulin. Avoid rapid insulin if no meal is consumed. If taking long acting insulin, continue with usual dose.
- Please take your oral diabetes medications, and usual food intake AFTER the test is complete.
- Check your blood sugar before and after the procedure, as signs of low blood sugar are masked during exercise.

For 2 hours before your test:

- **Do not have anything to eat or drink.**

For the rest of your day:

- Test your blood sugars more often (at least every 4hrs), and resume usual insulin doses and/or oral diabetes medications.

Rest Test

For the evening before your test:

- Decrease your dose of long-acting insulin by 20%.
- Insulin Pump – reduce your basal rate by 20% at bedtime and run until your test time.
- May have a bedtime snack to reduce risk of low blood sugar in the morning.

On the morning of your test:

- Do not take meal time insulin or oral diabetes medications. If taking long acting insulin, continue with usual dose.

For 4 hours before your test:

- **Do not have anything to eat or drink.**

For the rest of your day:

- Test your blood sugars more often (at least every 4hrs), and resume usual insulin doses and/or oral diabetes medications.

Always follow your doctor's instructions, and contact your Endocrinologist or Diabetes Educator for further advice if needed in adjusting your insulin. We strongly encourage patients to test blood sugars before and after the procedure to address any high or low blood sugar results.