

IMPORTANT REMINDERS FOR A SUCCESSFUL TEST



This procedure is completed over **2 days** that must be attended within a **few weeks of each other**



Bring your **healthcare card** and **photo ID** to both appointments.



Don't speak **English**? Bring an interpreter to translate for you.



Children under 18 yrs are not permitted in the diagnostics lab due to the risk of radiation exposure



This test cannot be performed if you are **pregnant** or **breastfeeding**



Wear a **loose fitting T-shirt** with **no metal buttons**. Dresses, vests, suits, and corsets are not advised.



Please arrive at least **30 minutes** prior to your appointment

Your stress will be supervised by a:



C-health physician



Nuclear Medicine Technologist (NMT)



Qualified health professional (nurse, paramedic, or cardiology technologist)



Your test results are sent to your **Primary Care Provider** and the ordering **C-health Physician**.



We will contact you with the results of your test within:



Should any urgent findings be identified, you will be contacted to **book a follow-up** with C-health

CONTACT US



PHONE NUMBER
(403) 541-0033



LOCATION
Rockyview Health Centre II
Suite #210, 1016 68th Avenue SW
Calgary, Alberta T2V 4J2



WEBSITE
www.c-health.ca

C·health
Global best practices - Applied locally.

CFW Radiology
Specialists In Diagnostic Imaging

C-diagnostics
Cardiometabolic Cardiopulmonary Testing

MYOCARDIAL PERFUSION IMAGING

Exercise Test



Appointment Details

Part 1 - Stress Test

Date: _____

Arrival Time: _____

Part 2 - Rest Test

Date: _____

Arrival Time: _____

Location -Advanced Cardiac Diagnostic Centre (ACDC)

Rockyview Health Centre II
Suite #250, 1016 68th Avenue SW
Calgary, Alberta T2V 4J2

WHAT IS A MYOCARDIAL PERFUSION IMAGING (MPI) TEST?

A Radioactive imaging study that compares blood flow to the heart muscle during minimal activity to blood flow after a period of stress or exercise.

i This test may also be known as a **nuclear stress test** or a **sestamibi cardiac scan (MIBI)**

→ During the test, your heart will be 'stressed' by exercise on a treadmill

→ You will be given a **radioactive injection** so images of your heart can be obtained with a special camera.

There are **2 phases** that happen on **different days**

1 Rest Test

2 Stress Test

*Please arrive to
ACDC for all MPI
appointments - Suite
#250*

WHAT TO EXPECT ON YOUR REST TEST DAY

No exercise is required for this part of the test. A radioactive injection (also known as called **Technetium-99m** or **Tc99m-MIBI**) will be injected into your arm or hand. You will be asked to wait 1 hour before your heart scan.

Do NOT eat or drink for **4 hours** before the rest test (this includes water, candy, and gum).



→ All medications can be taken as normal with a small SIP of water.

WHAT TO EXPECT ON THE STRESS TEST DAY

Before the Test

A Your **medications** and any **symptoms** will be reviewed with us

B **Intravenous (IV) access** will be started and a plastic cannula will be left in your vein for the duration of your test.

→ The IV is used to give the same **radioactive injection (Tc99m-MIBI)** that will make it easier to see your heart scan.

C Once your IV is in place, a staff member will accompany you to the **C-diagnostics lab**

D A staff member will obtain your **blood pressure** and **ECG**

The Test

A You will begin to exercise on the treadmill following a pre-determined exercise protocol.

B EFW staff will inject the CardioLite when you reach your age-predicated target heart rate.

After the Test

After you complete the treadmill, you will have another heart scan.

To allow the **Tc99m-MIBI** enough time to absorb in your heart muscle, you will be asked to rest before your heart scan for:



HOW SHOULD I PREPARE FOR THE STRESS TEST



It is recommended that you wear **loose fitting shirt**, and **shorts or jogging pants**



Braziers (with or without an underwire) are permitted, however, All bras must be removed prior to camera imaging.

Do NOT eat or drink for **2 hours** before the stress test (this includes water, candy, and gum).



DO I TAKE MY MEDICATIONS AS NORMAL?

For accurate test results, some medications such as beta blockers and certain calcium channel blockers must be stopped prior to testing.

Please refer to the C-health information sheet:



Cardiac Medication Adjustment for Myocardial Perfusion Imaging

and follow the directions if you are taking any of the medications discussed.

If you have diabetes, please refer to the C-health information sheet:



Diabetes Medication Adjustment for Myocardial Perfusion Testing

and follow the directions to adjust your medications.

Please call 403-541-0033 if you have any questions about your medications