



Testing Information Sheet

Milton Cardiac Imaging

Tel: (905) 878-9805 Fax: (905) 878-6358

LOCATION:

2800 High Point Dr Unit 215
Milton, ON L9T 6P4

Myocardial Perfusion Imaging Exercise Test (Cardiolite)

About This Test

This test is a diagnostic procedure designed to assess the blood flow to the heart muscles during both rest and stress conditions using a radioactive substance.

Instructions

The Day BEFORE The Test:

- No alcohol or caffeine (tea, coffee, chocolate, cola) including decaffeinated beverages, 24 hours before the test.

****PLEASE BE ADVISED THE TEST CANNOT BE COMPLETED IF YOU HAVE CAFFEINE****

NOTE: Many over-the-counter items also contain caffeine; please check the packaging

- No Tylenol #2 or #3.
- No Morphine 24 hours before your test.
- No strenuous exercise the day before your test.
- Sometimes your doctor will ask that you stop a medication before the test as they may alter the test results.
- Please notify us if you are pregnant and/or breastfeeding.

**DO NOT STOP ANY MEDICATIONS UNLESS YOU ARE INSTRUCTED TO DO SO.
IF YOU ARE UNSURE, PLEASE CONTACT THE OFFICE TO CONFIRM**

The Day OF The Test:

- Do not eat anything 2 hours before your test. If you are diabetic and need to stabilize your blood sugar, you may have a light snack 2 hours prior.
- You may drink a small amount of water unless instructed otherwise.
- No strenuous exercise the day of your test.

Please ensure you bring:

- Exercise clothes (track pants or shorts, short-sleeve shirt, & running shoes)
- Health card
- List of medications
- Light snack (fruit or vegetables) and/or a drink (water or juice)

**** If you are sick or unable to attend your appointment, please call (905) 878 9805 at least 48 hours in advance to cancel or a no-show charge of \$100 will be applied ****



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What To Expect During the Test:

- An intravenous line (IV) will be placed in your arm
- Images will be taken. You will sit on a chair and a camera will take pictures of your heart.
- Several electrodes will then be placed on your chest to monitor your heart throughout the test.

NOTE: It is sometimes necessary to shave a part of your chest

- You will be asked to walk on the treadmill for as long as you can while the technician will increase the amount of effort it will take. Your ECG, heart rate, and blood pressure will be monitored throughout.

NOTE: You may experience symptoms such as shortness of breath, chest discomfort or fatigue during the test. You must tell the technician of any symptoms you are having during the test.

- Radioactive substance will be injected through your IV on 2 occasions - once to create an image of your heart at rest, and a second injection during the stress portion

** If you are doing the 2-day protocol, on the first day your stress (exercise) portion will be completed and on the second day the rest portion will be completed **

Notes

- After you exercise, you may eat a light snack but no fatty-foods. You may bring fruits vegetables, juice and/or water.
- This test will take 4-5 hours to complete.
- You will be able to drive after the test.
- You should continue with your heart medications, unless otherwise instructed.

Radioisotope Information

- The amount of radiation that you are exposed to is small. Ask your Physician if you have any questions or concerns regarding the exposure.
- The radioisotope decays and is excreted from your body in 2-3 days.
- If you are travelling in that time, the radioisotope may be detected by radiation sensors at border or airport screening check points.

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