

DIET RESTRICTIONS

If these restrictions are not met, your test may need to be rescheduled.

- ✓ You may have water or juice to drink.
- ✗ **NO** solid food a minimum of **4 hours** prior to your appointment time.
- ✗ **NO** drinks or food containing caffeine **24 hours** prior to your appointment time.

For example, avoid:

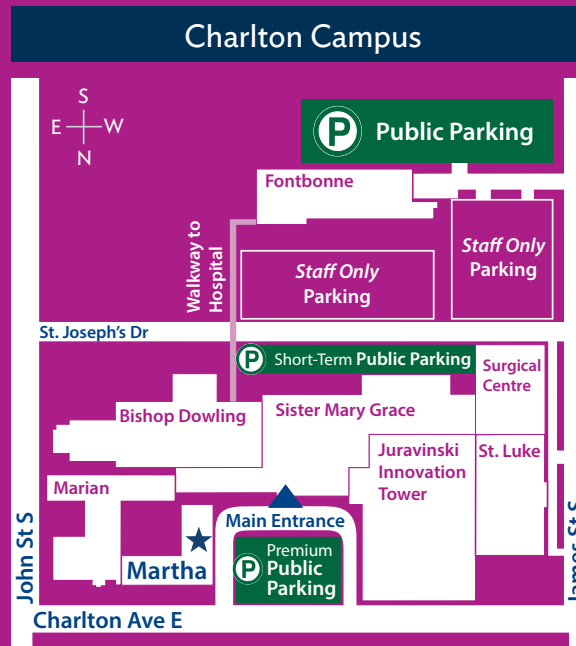
- ✗ Coffee and tea, regular, decaffeinated, caffeine-free or herbal
- ✗ Cocoa and chocolate
- ✗ Diet supplement foods
- ✗ Soft drinks such as Coke or Pepsi, regular, decaffeinated, caffeine-free, ice tea and energy drinks

WHAT IF I AM DIABETIC?

Do not take any insulin or oral medication while fasting 4 hours prior to testing. Bring your insulin and oral medication with you for administration after the test.

WHERE DO I REPORT?

Please report to the EDS Reception Desk, Level 0, Martha Wing at least 10 minutes prior to your appointment time.



If you have any questions or concerns, please feel free to call our office at any time.

Nuclear Cardiology
905.521.6073

St. Joseph's
Healthcare  Hamilton

St. Joseph's
Healthcare  Hamilton



Nuclear Cardiology Perfusion Scan

905.521.6073

Nuclear Cardiology
St. Joseph's Healthcare Hamilton
50 Charlton Avenue East
Hamilton, Ontario L8E 4A6
Registration Site, EDS
Martha Wing, Level 0



ABOUT THE TESTS

If you are having the Cardiac Perfusion Scan One or Two Day Protocol, an intravenous will be placed in your arm, and you will be injected with a small amount of radioactive tracer. After approximately one hour, you will lay under a camera while pictures are taken of your heart.

Your heart will be exercised by either walking on a treadmill, or by giving you a drug (Dobutamine or Persantine) depending on what your doctor has ordered. At peak exertion, another injection of a radioactive tracer will be given to you. One hour later, pictures will be taken of your heart.

If you are having the Two Day Protocol Test on the second day you will be given a small injection of a radioactive tracer intravenously. More pictures will then be taken of your heart.

LENGTH OF TEST

The entire procedure from start to finish is typically done within 3 hours. Due to certain circumstances (i.e. weight, medications, etc.) it may be necessary to perform your test over 2 days in order to get high quality information. If this is the case for you, each day will be approximately 2 hours.

WHAT ARE THE RISKS INVOLVED?

The stressing physician will discuss the risks and you will be asked to carefully read and sign the consent form prior to the stress test starting.

WHAT HAPPENS AFTER THE TEST?

The technologist will inform you to resume any medications you may have stopped for this test. You will be able to eat and drink only after the test has been completed. Results of the test will be sent to your physician.

UNABLE TO ATTEND?

The time for this test is specifically reserved for you. If for any reason you are unable to attend your scheduled appointment, please call our office at least **48 hours** prior.

905.521.6073



Please bring all of your medications in their original bottles with you on the day of the test.

Do not discontinue any medications without consulting your doctor (at least 48 hours prior to your test.)