

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:

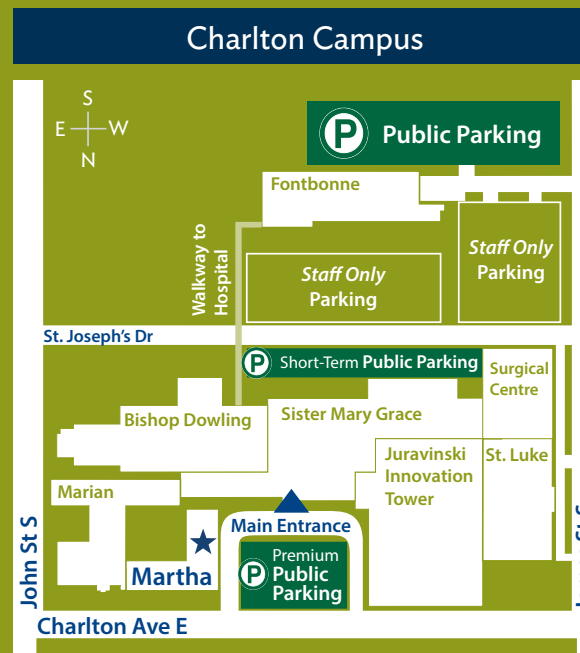
- ✗ Coffee and tea, regular, decaffeinated, caffeine-free or herbal
- ✗ Cocoa and chocolate
- ✗ Diet supplement foods
- ✗ Soft drinks such as Coke or Pepsi, regular, decaffeinated, caffeine-free, ice tea and energy drinks

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 RNA Test

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

You will be given two injections, 20 minutes apart, intravenously (IV). Three pictures will then be taken of your heart while you lay quietly on your back.

- > For the Resting RNA, the electrical activity of your heart will be monitored throughout the test.
- > For the Exercise RNA, you will be asked to pedal a bicycle while lying on your back.
- > For the Dobutamine RNA, a medication called Dobutamine will be given to you intravenously. This will have the same effect as if you were exercising.

For those patients who are claustrophobic, be aware that your chest will be under the camera; however, your head will not. Each picture will take 5-10 minutes.

LENGTH OF TEST

These tests can range anywhere from 1 to 3 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 medication 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?

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.)