



Your exam is at:
Royal Jubilee Hospital
1952 Bay Street, Victoria, B.C.
REPORT TO: Nuclear Medicine – West 1
250-370-8320

Nuclear Medicine Myocardial Perfusion Scan (MIBI) Appointment

PLEASE NOTIFY THE FOLLOWING PATIENT

Name: _____ DOB: _____ Ordering Physician: _____

Day 1 of test: _____ (REST) Time: _____

Day 2 of test: _____ (STRESS) Time: _____ Day 2 arrival time will be given to you when you come for Day 1 of your test.

PREPARATION:

- Do not consume any **CAFFEINE** for 24 hours before the exam.
E.g. – ALL coffees (including regular or decaf), ALL teas (including black, green, herbal, Chinese, etc.), ALL Soda Pop (even decaffeinated), ALL chocolate, certain medications with caffeine, including: Anacin, Fiorinal, Excedrin, ALL Tylenol with codeine (#1, #2 & #3), and certain cold medications with caffeine.
- You must be fasting at least 4 hours before your appointment times. You may have water.
- *Diabetic Patients:* Please *consult your doctor* for instructions regarding your diabetic medications due to the food and fluid restrictions required for this procedure.
- The test will take 1 - 4 hours for each of the 2 days.
- Please wear comfortable shoes/clothing and **NO SCENTED PRODUCTS.**

MEDICATIONS:

- Please bring a written list of medication you are currently taking.
- **DO NOT stop medications unless instructed to do so by your ordering physician**
- If you take medications containing Caffeine (eg Tylenol, Fiorinal, Excedrin, Anacin) please contact your ordering physician about stopping these medications 24 hrs prior to the exam. If you are taking Theophylline (eg Uniphyf), or Xanthine please contact your ordering physician about stopping these medications 48 hours prior to the exam.
- If you take AGGRENOL please speak to the ordering physician about stopping the medication 24 hrs prior to the exam and substituting with Aspirin.
- Please refrain from taking Viagra or Cialis 24 hours prior to the exam

REST STUDY:

- On arrival you will receive an injection containing a small amount of radioactive material.
- Following the injection there will be a waiting period of 1 – 2 hours before the scan.

STRESS STUDY:

- On arrival you will be set up for your stress test.
- The stress test will be performed either by exercising on a treadmill, or receiving a drug called Persantine.
- You will be given a second injection of a small amount of a radioactive material during the stress test.
- Following the stress test there will be a waiting period of 1 – 2 hours before the scan.
- Upon completion of the stress test you may resume your regular medications.

ADDITIONAL INFORMATION:

- Following each injection you will be asked to eat a fatty snack, you may bring one from home or purchase one from the hospital cafeteria (eg. cheese, muffins, bread with butter).
- Instructions will be given after the first exam for the next day.
- The isotope used and the appointment time provided is valuable. If you need to cancel this appointment please call your **ORDERING PHYSICIAN IMMEDIATELY** so that we may use this appointment for another patient.

Please follow the above instructions. Failure to do so may result in your exam being rebooked