

# Diet restrictions

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

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

# 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.

# Questions?

If you have any further questions regarding this test, or if you are unable to attend your scheduled appointment, please call us at 905-577-1484. Provide 48 hours notice for cancellations.



Nuclear Medicine is located on Level 2 at the Hamilton General Hospital.

Hamilton General Hospital  
Level 2 (Ground Level)  
Birge St



# Don't forget to...



Report for your test 15 minutes prior to your appointment time.



Allow time for parking.

# Nuclear Cardiology

The right care,  
the right time,  
the right setting.



PERFUSION SCAN



Hamilton  
General  
Hospital  
905.577.1484



## What is involved in the test?

Small amounts of a radioactive tracer are injected into an intravenous line, which is inserted into your arm, to allow the technologist to take pictures of your heart. One set of pictures is taken of your heart at rest and the other after your stress test. During the stress portion of the test, you will be asked to walk on a treadmill which will increase in speed and grade in stages. Or, you will be given a medication (Dobutamine or Persantine) to simulate the effect exercising has on your heart. Your heart rate and blood pressure will be carefully monitored throughout the test. Wear suitable clothing and shoes.

## 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 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.

## Medications

For this test, your physician may decide to have you temporarily discontinue the medications you are taking. Under the direction of your physician, staff from our Nuclear Medicine department will be contacting you to inform you which medications to temporarily discontinue before your appointment date.



**Please bring all of your medications with you in their original bottles.**

**Certain pain medications such as Tylenol #1, #2 and #3 will need to be stopped 24 hours prior to your appointment.**