

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.



RNA TESTING



Hamilton
General
Hospital
905.577.1484



What is involved in the test?

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.

Remember to wear suitable clothing and shoes.

Length of test

These tests can range anywhere from 1 hour to 3 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 also 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.