Symphony of Health connections

Myocardial Perfusion Imaging (MPI) Patient Information and Preparation Instructions

Test information:

MPI is performed to measure blood flow to the heart and assesses the function of the heart and looks for narrowings/blockages and/or future risk of certain heart conditions in response to exertion. It can also look for abnormal rhythms, assess your level of fitness and heart rate and BP response to exercise. Because of the added imaging, in the expert hands, it can provide much more high value information about heart health. This information may help with Shared Decision Making with you to plan subsequent investigations and/or treatment options.

On the day of your test, an **IV** will be started. The procedure involves two imaging sessions: **one shortly after stress, one after a break of 3-4 hrs of rest:**

- **The Stress Test portion:** You will either exercise (on a treadmill or bike at progressively faster speeds, increasing resistance, or steeper inclinations), or receive medication if you are unable to exercise, cannot achieve an adequate level of exercise, or should not exercise.
- **The Injection:** At peak stress, a safe dose of a radioactive tracer will be injected through your IV. We use the lowest possible individualized calculated dose to balance safety and test accuracy.
- **Your Safety:** We will continuously monitor your breathing, blood pressure, heart rate and rhythm, your electrocardiogram (ECG), and symptoms throughout the process to ensure your well-being.

This test will take around 4-5 hours to complete. During the break you can leave, however, you are still not allowed to eat during this break. Other instructions may be provided to you on the day of the test. See more information.

Please review the following information to allow for appropriate testing:

- Arrive 15 minutes ahead of your scheduled appointment to allow for preparation.
- No lotions, powder, or body oils on your chest or arm areas.
- Do NOT eat or drink for 4 hours before your test. You may drink small sips of water.
- Do NOT consume caffeine 12 hours prior to test (coffee, tea, soft drinks, energy drinks, chocolate, decaffeinated coffee/tea, Tylenol #3 and other medications that may contain caffeine products).
- Avoid physical exercise, nicotine use, vaping, nicotine patches, alcohol and cannabis products for 2-3 hrs before and 2 hours after.
- Please have comfortable walking shoes and clothes for the test.
- If possible, avoid bras with underwire.
- Please let us know if you are pregnant or may be pregnant. This test CANNOT be performed if you are pregnant.

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- Do NOT take Diabetes medications the morning of the test. Insulin pump infusion may continue. We can monitor your blood sugar as needed.
- Unless specifically instructed by your referring doctor to stay on your medications, stop taking the medications listed below for the required time. If in doubt, please ask your referring health care provider for clarification. You may continue with medications not listed.
- Please bring your medications and a list of their names and doses (amount you take) with you.

Medications to hold for 48 hrs:	Medications to hold for 24 hrs:
Acebutolol / Monitan / Rhotral / Sectral Atenolol / Tenormin Bisoprolol / Monocor Carvedilol / Coreg Diltiazem XC / Tiazac XC Metoprolol SR / Lopressor SR Nadolol / Corgard Nebivolol / Bystolic Pindolol / Viskin Sotalol / Sotacor Timolol / Blocadren Cialis / Tadalafil Levitra / Vardenafil Viagra / Sildenafil	Amlodipine / Norvasc Diltiazem / Cardizem Felodipine / Plendil Nicardipine / Cardene / Cardene SR Nifedipine / Adalat XL / Adalat PA Imdur – Isosorbite Dinitrate Ismo – Isosorbide Mononitrate Isordil SR Isosorbide Dinitrate / Isosorbide Mononitrate Nitroglycerine patches Ivabradine / Coralan / Procoralan Labetolol / Normodyne / Trandate Metoprolol / Metoprolol XL / Lopressor XL / Toprol XL Propranolol / Inderal Twynsta Verapamil/ Verapamil SR / Verapamil ER Isoptin / Isoptin SR

Your test results:

Your test results will be communicated with your referring health care provider and/or family physician **within 5-10 business days**. Please contact them to discuss. If any **Urgent or Critical** results are found, a Symphony of Health Connections team member will contact you. Should your test result require urgent consultation/assessment/treatment, we will try to expedite that for you as possible in coordination with your referring provider/family physician to minimize your concerns.

If your results are **Normal or Stable** and were ordered by Symphony of Health Connections, our team will review them with you by letter, phone call, text if available, or at your next scheduled follow-up appointment.

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