

## **VERY IMPORTANT**

### **YOU MUST READ THIS NOW**

You have been booked for a  
**Myocardial Perfusion Stress Test**

**NO CAFFEINE** (tea, coffee, coca cola, chocolate, decaffeinated coffee, herbal tea, etc), for **24 HOURS** before the test.

**NO Beta-blocker or calcium channel blocker medication for 2 DAYS** before the test.

**CHECK** the attached sheet to see if you are on these tablets. Please **BRING** your tablets with you on the day of the test

**READ** the attached Instruction Sheet.  
**CHECK** - are you going to the Austin Hospital or Heidelberg Repatriation Hospital for your test?  
It is on the instruction sheet.

# Instructions for a Myocardial Stress Test

## Department of Nuclear Medicine & Centre for PET

Name: \_\_\_\_\_

Appointment

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Your doctor has organised a **Myocardial Stress Test** for you. This is a simple and safe test to investigate known or suspected disease in the coronary arteries, which supply blood to the heart.

Please report to the:

**Department of Nuclear Medicine, Austin Hospital  
Level 1 of the Harold Stokes Building,  
Burgundy Street, Heidelberg**

If cannot attend on the day, please call the Department to make another appointment time.

The phone number is: **03 9496 5718**

The test involves either exercise (**you should therefore bring shoes that are suitable for walking on a treadmill**) or administration of a drug called Persantin, to increase blood flow to the heart muscle. You will be closely monitored by a doctor and by ECG during the stress test. During stress, you will be injected with a tiny amount of a radioactive chemical, through a small intravenous line. This chemical permits a gamma camera to obtain pictures of the blood flow to the heart under stress conditions. The pictures take about 30 minutes.

Repeat pictures may be required up to 4 hours later to assess the blood flow to the heart under resting conditions. **You should plan to be available all day.** If you wish, you can go home between the scans and have a light meal.

**If you have any questions regarding the test, your preparation or if you require an interpreter, please do not hesitate to contact the Department. In particular, contact the Department or your doctor if your anginal symptoms become more severe on ceasing the medications outlined.**

### **An important note for women having Nuclear Medicine Scans:**

As with any test using radiation, you must contact the Department of Nuclear Medicine before your appointment if:

- **You are or may be pregnant, or if you are breast-feeding**
- **Please do not bring small children with you**

### **STOP 24 HOURS PRIOR TO THE TEST:**

**ALL CAFFEINE CONTAINING PRODUCTS SUCH AS:** Teas of any kind (including Herbal), Coffee (including decaffeinated), Sports and Energy drinks, Chocolate drinks, bars or biscuits, etc. Coca Cola, Pepsi, etc

## ON THE DAY OF THE TEST

1. Have a light breakfast of cereal and / or toast. Take all your medications not listed on this sheet either with juice, milk or water.  
**Please do not to have any tea or coffee.**
2. Bring your medications.
3. Bring your referral / request.

If you are taking any of the drugs listed below, **STOP them 2 days** prior to the test, unless otherwise advised by your doctor.

### **ALL BETA BLOCKING DRUGS:**

**Anselol** (Atenolol)  
**Atehexal** (Atenolol)  
**Barbloc** (Pindolol)  
**Betagan** (Levobunolol hydrochloride)  
**Betaloc** (Metoprolol tartrate)  
**Betoptic, Betoptic S** (Betaxolol hydrochloride)  
**Betoquin** (Betaxolol hydrochloride)  
**Bicor** (Bisoprolol)  
**Brevibloc** (Esmolol hydrochloride)  
**Cardol** (Sotalol hydrochloride)  
**Chem mart Atenolol** (Atenolol)  
**Chem mart Carvedilol** (Carvedilol)  
**Chem mart Metoprolol** (Metoprolol tartrate)  
**Chem mart Sotalol** (Sotalol hydrochloride)  
**Corbeton** (Ozprenolol hydrochloride)  
**Cosopt Eye Drops** (Dorzolamide hydrochloride; Timolol maleate)  
**Deralin** (Propranolol hydrochloride)  
**Dilasig** (Carvedilol)  
**Dilatrend** (Carvedilol)  
**DuoTrav** (Timolol maleate; Travoprost)  
**GenRx Atenolol** (Atenolol)  
**GenRx Carvedilol** (Carvedilol)  
**GenRx Metoprolol** (Metoprolol tartrate)  
**GenRx Sotalol** (Sotalol hydrochloride)  
**Inderal** (Propranolol hydrochloride)  
**Kredex** (Carvedilol)  
**Lopresor** (Metoprolol tartrate)  
**Metohexal** (Metoprolol tartrate)  
**Minax** (Metoprolol tartrate)  
**Noten** (Atenolol)  
**Nyogel** (Timolol maleate)  
**Presolol** (Labetalol hydrochloride)  
**Solavert** (Sotalol hydrochloride)  
**Sotacor** (Sotalol hydrochloride)  
**Sotahexal** (Sotalol hydrochloride)  
**Tenopt** (Timolol maleate)  
**Tenormin** (Atenolol)  
**Tensig** (Atenolol)  
**Terry White Chemists Atenolol** (Atenolol)  
**Terry White Chemists Carvedilol** (Carvedilol)  
**Terry White Chemists Metoprolol** (Metoprolol tartrate)  
**Terry White Chemists Sotalol** (Sotalol hydrochloride)  
**Toprol-XL** (Metoprolol succinate)  
**Trandate** (Labetalol hydrochloride)  
**Visken** (Pindolol)

### **NON-BETA BLOCKING DRUGS:**

Asasantin  
Persantin  
Dipyridamole

### **ALL THEOPHYLLINE CONTAINING MEDICATIONS**

**Aminophylline Injection BP** (Aminophylline)  
**Brondecon Elixir** (Choline theophyllinate)  
**Brondecon Expectorant** (Choline theophyllinate; Guaiphenesin)  
**Nuelin SR** (Theophylline)  
**Nuelin, Nuelin Syrup** (Theophylline)  
**Theo-Dur** (Theophylline)

### **CALCIUM ANTAGONISTS:**

**Adalat**(Nifedipine)  
**Adalat-Oros**(Nifedipine)  
**Adefin (AdefinXL)** (Nifedipine)  
**Amlo** (Amlodipine maleate)  
**Amlodipine Sandoz** (Amlodipine besylate)  
**Anpec** (Verapamil hydrochloride)  
**Anpec SR** (Verapamil hydrochloride)  
**APO-Amlodipine** (Amlodipine besylate)  
**Caduet** (Amlodipine besylate; Atorvastatin calcium)  
**Cardizem** (Diltiazem hydrochloride)  
**Cardizem CD** (Diltiazem hydrochloride)  
**Chem mart Amlodipine** (Amlodipine besylate)  
**Chem mart Diltiazem** (Diltiazem hydrochloride)  
**Chem mart Diltiazem CD** (Diltiazem hydrochloride)  
**Coras** (Diltiazem hydrochloride)  
**Cordilox SR** (Verapamil hydrochloride)  
**Diltahexal** (Diltiazem hydrochloride)  
**Diltahexal CD** (Diltiazem hydrochloride)  
**Dilzem** (Diltiazem hydrochloride)  
**Dilzem CD** (Diltiazem hydrochloride)  
**Felodipine XR** (Felodipine)  
**Felodur ER** (Felodipine)  
**GenRx Diltiazem** (Diltiazem hydrochloride)  
**GenRx Diltiazem CD** (Diltiazem hydrochloride)  
**Isoptin** (Verapamil hydrochloride)  
**Isoptin Injection** (Verapamil hydrochloride)  
**Isoptin SR** (Verapamil hydrochloride)  
**Norvasc** (Amlodipine besylate)  
**Perivasc** (Amlodipine besylate)  
**Plendil ER** (Felodipine)  
**Tarka** (Trandolapril; Verapamil hydrochloride)  
**Terry White Chemists Amlodipine** (Amlodipine besylate)  
**Terry White Chemists Diltiazem** (Diltiazem hydrochloride)  
**Terry White Chemists Diltiazem CD** (Diltiazem hydrochloride)  
**Triasyn** (Felodipine; Ramipril)  
**Vasocardol CD** (Diltiazem hydrochloride)  
**Vasocardol Tablets** (Diltiazem hydrochloride)  
**Veracaps SR** (Verapamil hydrochloride)  
**Verahexal SR** (Verapamil hydrochloride)  
**Zanidip** (Lercanidipine hydrochloride)

If you are taking any of the drugs listed below, **STOP these on the Day** of the test, unless otherwise advised by your doctor.

**NITRATES – STOP THESE ON THE DAY OF THE TEST:**

**Anginine** (Glyceryl trinitrate)  
**Chem mart Isosorbide Mononitrate**  
(Isosorbide mononitrate)  
**Duride** (Isosorbide mononitrate)  
**GenRx Isosorbide Mononitrate** (Isosorbide mononitrate)  
**Healthsense Isosorbide Mononitrate** (Isosorbide mononitrate)  
**Ikorel** (Nicorandil)  
**Imdur Durules** (Isosorbide mononitrate)  
**Imtrate SR** (Isosorbide mononitrate)  
**Isomonit** (Isosorbide mononitrate)  
**Isordil** (Isosorbide dinitrate)  
**Minitran** (Glyceryl trinitrate)  
**Monodur** (Isosorbide mononitrate)  
**Nitro-Dur** (Glyceryl trinitrate)  
**Nitrolingual Pumpspray** (Glyceryl trinitrate)  
**Pexsig** (Perhexiline maleate)  
**Sorbidin** (Isosorbidin dinitrate)  
**Terry White Chemists Isosorbide Mononitrate** (Isosorbide mononitrate)  
**Transiderm-Nitro** (Glyceryl trinitrate)

## Further Information

If you have any questions regarding this information, please contact:

### Department of Nuclear Medicine

Phone 03 9496 5718

### Produced by:

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