

MYOCARDIAL STRESS TEST

The Instructions contained in this brochure must be followed prior to having this having this test.



Your Doctor has referred you to have a Myocardial Stress Test – which is a test to look at the blood flow to your heart.

24 hours before your appointment you must NOT have any products/food/beverages that contain CAFFEINE



There are certain medications that you also need to stop for 2 days prior to this test.

Appointment Details **Austin Hospital**

Name _____

Date of Birth _____

UR Number _____

Date _____ Time _____ am

If for any reason you are unable to attend this appointment, please call the Department as soon as possible 9496 5718.



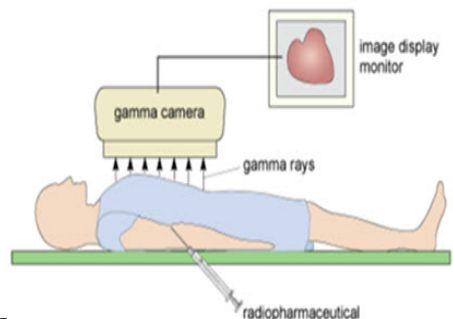
Myocardial Stress Test

Your doctor wants you to have a **Myocardial Stress Test**. This is look at the vessels that supply blood to the heart muscle. **You should plan to be available all day.**

You will have the opportunity to speak with the Doctor and the Nurse prior to your test. They will need to know what medications you are taking, and check that you have not had any caffeine containing products. Please bring all your medication in the original packaging with you. Caffeine cannot be consumed as it affects the drugs we need to use.

There are usually 3 parts to this test performed on the same day

- 1) The stress test involves either exercise on a treadmill or giving a drug to increase blood flow to the heart muscle. A Doctor and Nurse will closely monitor you using an Electro-Cardio-Graph machine (ECG) during the stress test. You will be given an injection of a radioactive tracer through a small needle that has been placed into a vein in your arm.
- 2) Pictures of the blood flow to your heart are then taken with a gamma camera after the stress test. This will take about 15 minutes. There may be a wait after the stress test and before the first set of pictures.
- 3) Generally we need to obtain a second set of pictures after 3-4 hours in order to assess the blood flow to the heart under resting conditions. There is no exercise with this, and the pictures will take about 15 minutes. If you wish, you can go home between the scans and have a light meal.



NO Caffeine for 24 hours before your appointment



Examples,
Coffee, decaf Coffee, Tea including herbal, Milo,
Hot Chocolate, Coca-Cola, Energy drinks, or
chocolate or chocolate containing products/food.

Medications that contain caffeine, such as
Panadol Extra

Medications to STOP



Check your medications and **STOP** taking them
**according to the directions given on the
following pages**

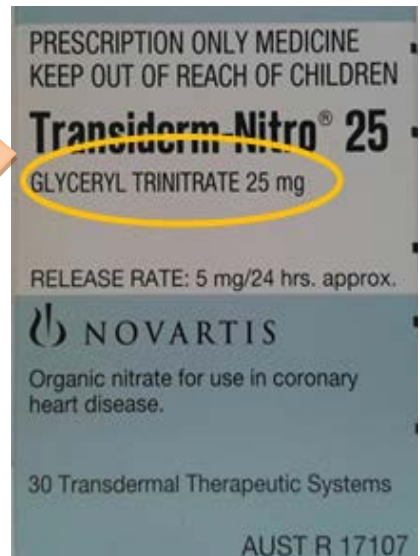
If you are unsure of which medications to STOP
take this brochure and your medications to your
Pharmacist, or call your Doctor.

Look at *drug names* when checking
your medicines.

If in doubt, check them with your
pharmacist or Doctor

Ask if any of the drugs you take are;

- Beta Blockers
- Calcium Channel Blockers
- Nitrates
- Contain Theophylline
- Asasantin, Persantin,
Dipyridamole



If you are taking any of the drugs listed below, **STOP THEM FOR 2 days** prior to the test, unless your doctor tells you differently.

NON BETA BLOCKING DRUGS

Asasantin

Persantin

Dipryidamole

ALL THEOPHYLLINE CONTAINING MEDICATION

Aminophylline

Choline theophyllinate

Guaiphenesin

Theophylline

If you are taking any of the drugs listed below, **STOP THESE ON THE DAY** of the test, unless your doctor tells you differently or if you experience chest pain.

NITRATES

Glyceryl trinitrate:	Anginine, Lycinate, Minitran, Nitro-Dur, Nitrolingual Pump Spray, Rectogesic, Transiderm-Nitro
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Isosorbide dinitrate	Isordil, Sorbidin
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Isosorbide mononitrate:	Duride, Imdur, Imrate SR, Isomonit, Monodur
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Coralan	Ivabradine
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Contact your own doctor, or the Department of Molecular Imaging and Therapy, on 9496 5718 if chest pain symptoms become more severe on ceasing any of these medications.

Important Points

- You should plan to be available all day.
- Wear comfortable clothes and shoes suitable for exercising on a treadmill
- Please do not bring small children with you as there is radiation involved with the test.
- You must bring your referral/request
- Please bring your Medicare card with you.
- You can bring a relative or friend with you if you wish.
- You must bring all your medication with you in the original packaging



Please contact the Department on (03) 9496-5718:

If you have any questions regarding the test, or what you need to do.

- If you require an interpreter.
- If you are or may be pregnant and/or breast-feeding, as the test is not usually performed on women in these conditions.
- If for any reason you are unable to attend this appointment








Feedback?



If you would like to leave feedback on any aspect of our service

<http://www.my-say.com.au/AustinHealth>

✓ Checklist for the Day of your appointment

		Please have breakfast, but remember NO Caffeine.
		No Caffeine 24 hours prior to the test
		Bring all your medications in their original packaging
		Bring your Medicare Card
		Bring your referral/request
		Wear comfortable clothing and good walking shoes. Wear separate top and bottoms to maintain your comfort and privacy during the procedure
		Activity: Such as a book, newspaper to read, or something to sit and do whilst you are waiting

Notes



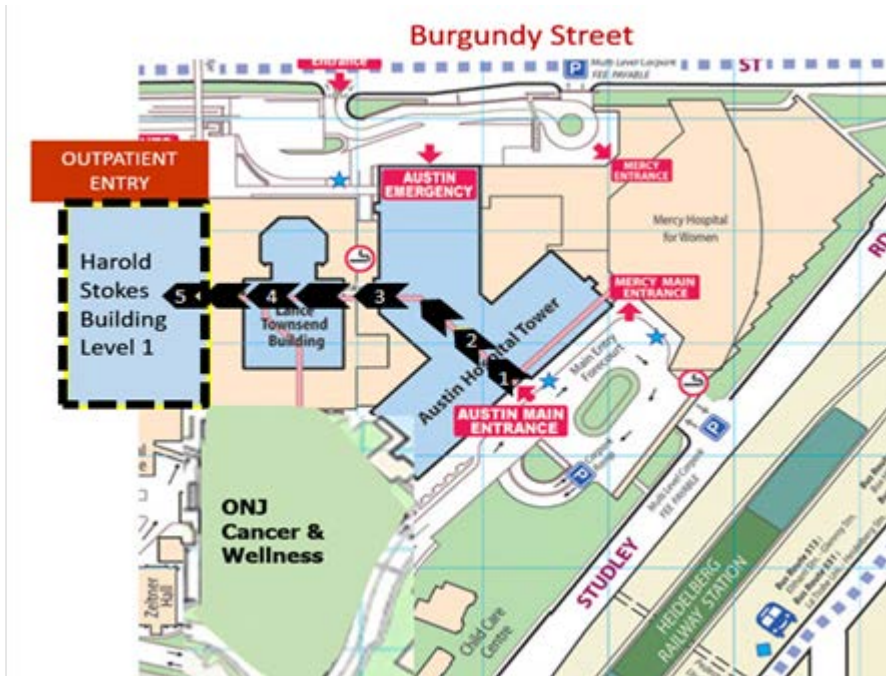
Further Information

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

DEPARTMENT OF MOLECULAR IMAGING AND THERAPY

Austin Hospital
Level 1 Harold Stokes Building
Phone **9496 5718**
Phone **9496 5718**

PLEASE COME TO THE
Department of Molecular Imaging and Therapy
Previously Nuclear Medicine
Level 1 Harold Stokes Building
Austin Hospital



1. If entering through the underground carpark (entrance at Studley Road), take Car park lifts to Level 1, Austin Tower. These will open at the main entrance foyer of the tower. If being dropped off at the main entrance of this building you will already be at Level 1.
2. Proceed to Austin Tower Lifts and take these to Level 3 and exit at this point
3. Follow the continuous Blue Pathway to Harold Stokes Building Visitors Lifts. Take these to Level 1.
4. Exit the lifts at Level 1 and follow the sign posting and blue floor dots to Molecular Imaging and Therapy.
5. Come into Reception and let the Clerical Staff know you have arrived.