

## **Myocardial Perfusion Imaging (MPI) Stress Test 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 you will receive an IV- intravenous. The test is usually done in two parts, obtaining two sets of images with stress and at rest. The stress portion of the test may be performed by walking on a treadmill or riding a bicycle ergometer at progressively faster speeds, increasing resistance, or steeper inclinations. A pharmacologic stress test will be performed in those who cannot exercise, cannot achieve an adequate level of exercise, or have a contraindication to exercise. At peak exercise/stress a small dose of radioactive tracer will be injected through your IV. Your breathing, blood pressure, heart rate and rhythm, your electrocardiogram (ECG) and clinical symptoms will be monitored throughout the stress test to ensure your safety and well-being.

This test will take around 4-5 hours to complete. It is broken into 2 parts with about 1.5 hours break in between. 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:**

- § 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 nicotine use, vaping, nicotine patches, 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.
- § Do NOT take Diabetes medications the morning of the test. Insulin pump infusion may continue. We can monitor your blood sugar as needed.

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- § Unless specifically instructed by your referring doctor, stop taking the medications listed for the required period. If in doubt, please ask your referring 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.

### Your test results:

Your test results will be communicated with your referring and/or family physician to discuss with you. Should your test result require an urgent cardiology consultation, we will expedite that for you in coordination with your referring/family physician to minimize your concerns.

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