

Place Patient demographic label below

History.	Last name.	
	First name.	DOB.
	OHIP.	Version code.
	Phone number.	
	Address.	
	Medications.	
Direct patient billing. Ministry of transport: <input type="checkbox"/> Insurance: <input type="checkbox"/> Immigration: <input type="checkbox"/>		
Referring MD.	MD Location.	

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Exercise MIBI scan.   | <input type="checkbox"/> ECHO/Doppler.             | <input type="checkbox"/> Exercise stress test.                     |
| <input type="checkbox"/> Persantine MIBI scan. | <input type="checkbox"/> Exercise ECHO.            | <input type="checkbox"/> Consultation.                             |
| <input type="checkbox"/> Dobutamine MIBI scan. | <input type="checkbox"/> Dobutamine ECHO.          | <input type="checkbox"/> 24hr BP monitor. (\$60 charge to patient) |
| <input type="checkbox"/> MUGA scan.            | <input type="checkbox"/> Supine Bike ECHO/Doppler. | <input type="checkbox"/> Holter monitor.                           |
| <input type="checkbox"/> Carotid dopplers.     |  | <input type="checkbox"/> 24h <input type="checkbox"/> 7 day        |
|  |  | <input type="checkbox"/> 48h <input type="checkbox"/> 14 day       |

**Instructions for all forms of stress testing.**

1. Bring comfortable walking shoes or sneakers.
2. Light breakfast or light lunch depending on the time of your appointment.
3. Please bring all your medications with you or a current list.
4. For diagnosis of suspected CAD please **stop beta-blockers 48hrs** before stress testing if referring MD deems safe (see list [A])
5. For diagnosis of suspected CAD please **stop Diltiazem or Verapamil 48hrs** before testing if referring MD deems safe.
6. No oral or topical nitrates on the day of the test (see list [B]).
7. Diabetics have their normal diet and medications, except nitrates, see 6. For suspected CAD see also 4. and 5.
8. Patients having Dobutamine testing will need a driver to return home.

**Exercise or Persantine nuclear testing.**

This appointment can take **5** hours.

- a). No food or fluid for 2 hours before the test. This includes diabetics. Water is permitted.
- b). **No caffeine for 24 hours**, (including coffee, tea, pop drinks, chocolate, Tylenol #1, Tylenol #2 and Tylenol #3). **No decaffeinated drinks.**
- c). You can bring something to eat and drink with you or go out to eat. Eating after injection of radiotracer improves the images.
- d). No oral or topical nitrates on the day of the test (see list [A] below).
- e). You will have an intravenous injection of radioactive tracer and a heart scan 40-60 minutes later.
- f). You will then exercise on a treadmill and one minute before the completion of the test a second dose of radioactive tracer will be injected. A second scan of the heart is performed 40-60 minutes later.

**Persantine.**

You cannot have this test if you are asthmatic. Asthmatics receive Dobutamine. Drugs in list [C] must be stopped for 24hrs. The only difference between this test and the exercise protocol is that you do not exercise. Persantine is injected over a period of 4 minutes followed by an injection of radioactive tracer. Persantine is a medication that simulates exercise. Most Patients feel no adverse effects from the drug although some may experience headache or flushing. The antidote is called aminophylline which is then given intravenously at the end of the test. This quickly reverses the effects of the Persantine.

**[A].Beta-blockers to be stopped 48hrs before stress testing for diagnosis of suspected CAD:**

Acebutolol, Atenolol, Bisoprolol, Carvedilol, Metoprolol, Nadolol, Pindolol, Propranolol, Sotalol, Timolol.

**[B].Nitrates to be stopped on the day of all stress testing:**

Topical Nitroglycerin: NitroDur, Minitrans.  
Oral Nitrates: Isordil, Imdur, Nitrong-SR

**NB: If at any time you have angina and need to use your nitroglycerin spray just do so as per your normal practice.**

**[C].Drugs or drinks that cannot be taken for 24hrs before Persantine testing:**

Aggrenox	Dipyridamole	Theophylline	Tylenol #3	Pop Drinks
Persantine	Tylenol #1	Coffee or Tea	Decaffeinated drinks	
Caffeine.	Theo-Dur	Tylenol #2	Chocolate	

MD Signature: \_\_\_\_\_ Billing Number:

**NB: Patients having a Nuclear scan should not travel to the USA for the next 72 hours. You will set off the radioactive alarms border. If traveling to the USA within the next 3 days please ask Staff for a note for US border security.**  
Kingston Heart Clinic is a scent free environment.

