

INSTRUCTION SHEET FOR NUCLEAR MEDICINE CARDIAC PERFUSION STUDY (MIBI)

PATIENTS NAME _____

*REST DATE – TIME OF STUDY (1½ hours long) _____

+STRESS DATE – TIME OF STUDY (3-4 hr long) _____

PLEASE REPORT TO CLIENT SERVICES THE FIRST DAY – GROUND FLOOR FOR 2ND DAY

Patient must be off ALL CAFFEINE for 24 hours, the whole day prior to as well as the day of the exam as this will interfere with the test. These are some examples which have caffeine in them:

- Coffee-Tea INCLUDING decaffeinated products
- ALL soft drinks – INCLUDING decaffeinated and clear ones
- Chocolate
- Tylenol #1, #2, #3
- Anacin, Excedrin, Migraine medications and cough medications
- Trental/Pentoxifylline – stop for 48 hours
- Theodur – need to discontinue for one week

The ordering physician may or may not ask the patient to stop beta blockers.

*REST PHASE - Please eat a big breakfast (**bacon, eggs, toast**) before arriving on the day of the test.

+STRESS PHASE – Nothing to eat or drink after midnight unless your appt is in the afternoon, then you can have *toast with butter, white milk and juice ONLY and it has to be FOUR HOURS BEFORE the time of the test.*

Please check all medication/food labels carefully for caffeine. If there is any caffeine in the product do not eat it or drink it. If you are not sure about your medications ask your pharmacist as he/she can let you know. Morning medication can be taken with water as long as they do not contain caffeine.

Patient may wear a nitro patch prior to the study.

All patients need to wear comfortable clothes and walking shoes. Female patient please wear slacks and a shirt or T-shirt.

Patients **MUST** bring their medications with them along with a list for both appointment days.

