



## Sestamibi Heart Stress Test Preparation

Name \_\_\_\_\_

Appointment Date \_\_\_\_\_

Appointment Time \_\_\_\_\_

Nuclear Medicine  
Level 2, St Vincent's Hospital  
20 Dalley Street  
Lismore  
Tel 02 6625 9370

### START PREPARATION ON:

\_\_\_\_\_

\_\_\_\_\_

Please complete questionnaire and return on day.

### WHAT IS IT?

This test is performed to assess blood flow to the heart muscle (myocardium) at rest and with stress.

### TIME FRAME (4-5 hours)

You are required to stay at North Coast Radiology for the duration of the test.

### WHAT TO BRING

- Doctor's referral letter
- A list of any medications you take (including vitamins and herbal preparations)
- Your Medicare card and any concession cards
- Any relevant previous films or reports
- Asthma puffer; if asthmatic (take as prescribed)

### WHAT TO WEAR

- Comfortable clothes and flat shoes/joggers for walking
- LADIES: please wear a skirt or slacks and a blouse (dresses are not recommended)
- Bring a cardigan or jacket to wear whilst you sit in the waiting room – it can get quite cold

### HOW TO PREPARE

No caffeine containing products for 1 day (24 HOURS) prior to the test. This includes tea, coffee, cola beverages, all fizzy soft drinks, all energy drinks (e.g. Mother, Red Bull), chocolate, red wine and all decaffeinated beverages.

No chewing gum on the day of the appointment.

No smoking or nicotine patches from midnight of the night before your test.

Fasting: No food or drink from midnight of the night before your test.

Medications: DO NOT STOP taking any medications, unless specifically told to do so by YOUR Doctor. This MUST be confirmed by YOUR Doctor.

### DIABETICS

Please have a LIGHT breakfast (juice and 1 slice of toast) no later than 2 HOURS before your scheduled appointment time. Please bring some light snacks with you on the day.

TABLET CONTROLLED: bring your tablets with you. Do not take them before the examination. You will be asked to take them at a later stage on the day.

INSULIN CONTROLLED: take half your normal dose with breakfast, and bring the other half with you.

Bring your glucometer.

***If you are unable to attend your appointment, please phone on 6625 9370 at least 1 day prior to the examination. The compounds used for this procedure have no shelf life, and if not used have to be discarded. To avoid being charged for the injection please inform our staff as soon as possible. Thank you!***