
Persantine MPI Stress Test

What is it?

- The Persantine MPI Stress Test is to provide a method of checking for impaired blood flow to the heart muscle.
- This procedure is a two day test. Please allow:
1st Day - Approximately 4 hours
2nd Day - Approximately 2-3 hours

Why do I need one?

- Your doctor wishes to check if your heart muscle receives enough blood supply. Usually this can be done through standard stress testing, however when you have a physical limitation such as arthritis, asthma, or poor physical condition, this test allows us to make those determinations without you having to exercise on a treadmill.
- A physician will be present throughout the procedure until you go to Nuclear Medicine for the taking of pictures. After the results of this test are available, your physician should be able to make a reasonable decision about further medical care.

Is there any special preparation?

- Wear comfortable clothing.
- Bring money for a breakfast or bring one.
- If you do not speak or understand English bring an interpreter.
- **Do not eat or drink anything from midnight the night before the test.**
- Do not take your morning pills, bring them with you to take after the test with your breakfast.
- If you take theophylline, aminophylline or _____ DO NOT take this for 24 hours before the test.
- For diabetic patients please check with your physician for specific instruction.
- **NO** caffeine products i.e., coffee/tea for 24 hours before your test.

What happens at the test?

- The test is done by a Cardiology technologist, a physician and a technologist from Nuclear Medicine.

Day 1:

- Report to the Cardiology Department.
- An intravenous will be started before the test.
- The technologist will attach electrodes to your chest and hook you up to monitoring equipment.

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- A medication, Persantine, will be given through the intravenous.
 - After receiving the medication an injection of an isotope called TC^{99m} Tetrofosmin will be given through the intravenous. This will later allow us to see differences in blood flow in your heart.

At the end of the test:

- You will have most of the electrodes and the I.V. removed.
- You will be asked to eat e.g. milk and toast or a full breakfast.
- 1-3 hours after the injection you report to the Nuclear Medicine Department for pictures of your heart. You will be informed of the time.
- This procedure takes approximately 30 minutes. You will then be given a return time for Day Two.

Day Two

- **No caffeine products for 12 hours before your test.**
 - **Do not eat or drink anything after midnight the night before the test.**
 - Report directly to the Nuclear Medicine Department.
 - You will receive a second injection and asked to eat.
 - You will have pictures taken 1 - 3 hours after injection, to compare with the first ones.
 - Bring money for breakfast or bring one.
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Is there any risk involved?

This is a frequently used procedure with a very high degree of safety, but some sources of risk are known such as:

- Previously known allergy to Persantine.
- In some instances of severe coronary disease, angina may happen and you may need to take Nitroglycerine.

If you experience chest discomfort or pressure or feel discomfort in the arms or jaw, you should tell the physician present during your test.

- Occasionally side effects from Persantine medication can occur and consist of slight dizziness or headache. The side effects are brief and do not need any treatment.
- If a severe reaction happens an antidote for Persantine will be given to you to reverse the effects of the Persantine.

Outpatients please report to Patient Registration 15 minutes prior to your appointment time.

Royal Columbian Hospital

Cardiology Department
330 East Columbia Street
New Westminster, BC
Tel: 604-520-4244

Appointment Time:

Ridge Meadows Hospital

Cardiology Department
11666 Laity Street
Maple Ridge, BC
Tel: 604-463-1864

Appointment Time:



Persantine MPI Exercise Tolerance Test (Myocardial Perfusion Imaging)

A Patient Information Guide