



**TEST PREPARATION INSTRUCTIONS
FOR SESTAMIBI STUDY**

NO CAFFEINE - 24 hours before the test. (Includes Tea, Coffee, Soft drinks, Chocolate, Drinking Chocolate and Chocolate biscuits)

FASTING – **No breakfast the morning of the test**
Please drink plenty of water

CLOTHING – You will need to wear a front buttoning blouse/shirt
Comfortable shoes for exercising

WHAT TO BRING – **List of current medications AND your referral**
A snack to eat after the test
A book or something to read whilst waiting
Magazines available in the waiting room

THE PROCEDURE - CAN TAKE UP TO 5 HOURS

1. On arrival for your test you will receive a tracer injection (MIBI).
2. There is a 30 – 60 minute wait
3. You will then be placed under the camera and a series of pictures of your heart will be taken.
4. After another waiting period
5. You will be connected to an ECG and blood pressure machine and then will undergo your exercise stress test.
6. You will receive another injection of radioactive tracer and return to the camera for more pictures for approximately 30 minutes.
7. The test is then complete and you may eat.

CHECK WITH YOUR DOCTOR – If you need to stop any of your medications.

If you are taking oral Persantin, Asasantin, Persantin SR, Theodur, Nuelin or Viagra, these products will need to be ceased for 48 hours prior to the test, **BUT only after consultation with your doctor.**

DIABETICS – You will need to inform the staff when making your appointment for special preparation.

DO NOT TAKE DIABETIC MEDICATION ON THE MORNING OF THE TEST. Please bring your diabetic medications with you.

**IF YOU ARE UNABLE TO ATTEND YOUR APPOINTMENT, PLEASE CALL 9736 1040
AS SOON AS POSSIBLE TO AVOID WASTAGE AND TO REBOOK YOUR STUDY.**