

GENERAL INSTRUCTIONS

- **We will contact you** prior to your exam to review instructions with you. Should you have any questions in the meantime, please do not hesitate to call us at 403.777.3000.
- **Please bring this requisition form** to your appointment.
- **Arrive 15 minutes prior to your appointment.** If you are late, your examination may have to be postponed to a later date.
- **Wear comfortable clothing** and appropriate footwear for walking on the treadmill. Preferably wear a short-sleeved shirt with buttons or an oversized T-shirt.
- Please ensure you have not had a **barium study** within 48 hours of your appointment
- **Please do not wear perfumes/colognes** or any scented products to your appointment.

PATIENT PREPARATION

ALL TESTS

Continue taking all medications unless otherwise instructed by your physician. Please bring all of your current medications.

MYOCARDIAL PERFUSION SCAN

You will be given an injection of a radioactive tracer on both days. If there is any chance of pregnancy, please contact our booking coordinators, as your test may be delayed.

Imaging of your heart will be performed over two separate appointments.

Day 1: Rest day (approx. 2 hours); **Day 2:** Exercise day (approx. 2.5 hours).

- **DO NOT EAT, DRINK or SMOKE** for four hours prior to the test. Small amounts of water are allowed.
- No caffeine-containing foods or beverages (includes coffee, tea, pop, chocolate, and medication with caffeine such as Tylenol #3 or Excedrin) for 24 hours prior to the Day 2 test (Exercise day).

EXERCISE STRESS TEST – Only one appointment. Allow 1.5 hours.

- **DO NOT EAT, DRINK or SMOKE** for four hours prior to the test. Small amounts of water are allowed.
- No caffeine-containing foods or beverages (includes coffee, tea, pop, chocolate, and medication with caffeine such as Tylenol #3 or Excedrin) for 24 hours prior to the test.

CORONARY CT ANGIOGRAPHY*

1. No Viagra, Cialis or Levitra for 48 hours prior to your exam (applies to both males and females).
2. No barium studies 48 hours prior to this examination.
3. If you have a history of contrast medium allergy, pre-medications start at noon the day before the exam (contact us for instructions).
4. Take the beta-blocker (Metoprolol) provided to you at bedtime the night before your exam.
5. No caffeine or exercise the morning of your exam.
6. No food or drink the morning of your exam.
7. Wear comfortable clothing. Preferably wear a short-sleeved shirt with buttons or an oversized T-shirt.

*For further instructions, please call 403.777.3000.

APPOINTMENT DATE AND LOCATION

	Date	Time	Location
Myocardial Perfusion Scan			
Resting Phase:			
Stress Phase:			
Exercise Stress Test:			
Coronary CT Angiography:			

Cardiac Booking: 403.777.3000
Toll Free: 1.866.611.2665
Fax: 403.777.3001