

MIBI Stress Test

NUCLEAR MEDICINE



South West Health

Working Together for Better Health

Shelburne • Yarmouth • Digby

MIBI STRESS TEST

You are scheduled to have a MIBI stress test on

What is MIBI stress test?

- A MIBI stress test is a Nuclear Medicine test that lets your doctor know how well your heart muscle is being supplied with blood.
- To find this out, we need to take pictures of you during rest and after stress.

How should I prepare for this test?

- You may eat a light breakfast on the day of the exam. If you are diabetic, you can follow your normal diet. Do not have caffeine (coffee, tea, pop, and chocolate) during the day of the test.
- Bring a list of your medications.
- You may have to walk on a treadmill so you may want to wear comfortable footwear.
- Arrive 20 minutes before your appointment to register.
- If you are pregnant or think you may be pregnant discuss this with your doctor before having this test done.

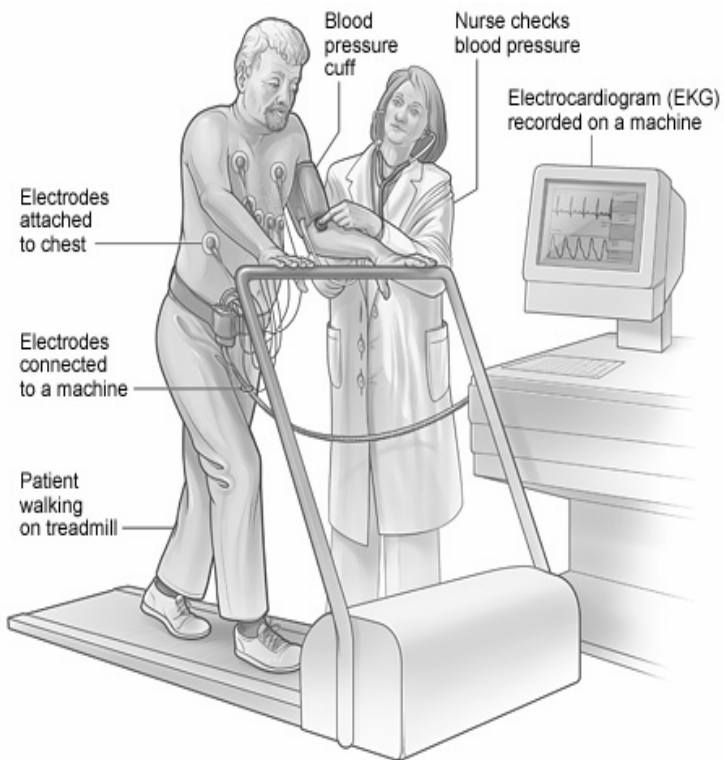
What can be expected during a MIBI stress test?

- The Nuclear Medicine technologist will bring you into the exam room, explain the test to you and inject you with a radioactive material called sestamibi (MIBI for short), that allows us to see the heart.
- After the injection there is a 30 minute wait, where you can stay in the waiting room. You are not to eat during this time.
- You will then be brought back into the Nuclear Medicine Department for a picture of your heart which takes about 20 minutes.
- Following the images, the technologist will give you a time to register with Cardiac Services. For the second part of the test, you must check in at the Lab. located in the main hospital lobby and then proceed to Cardiac Services.
- When you arrive at Cardiac Services, the ECG technologist will hook you up to an ECG monitor and set up a temporary IV line in your arm.
- The specialist who ordered the test will be present. He/she will lead you through your stress test. Your condition, blood pressure, heart rate, and ECG will be closely monitored while you walk on a treadmill.

- If you are unable to perform the stress test on the treadmill, a drug called PERSANTINE will be administered by the physician to mimic stress.
- When you have exercised enough, or have been given PERSANTINE, the Nuclear Medicine technologist will inject a second dose of MIBI into the IV
- NOTE: If at any time you feel that you are too tired to continue or if you have any discomfort, tell the doctor. They will stop the exercise.
- After the treadmill has stopped, the IV and ECG equipment will be disconnected.
- You will return to the Nuclear Medicine waiting room.
- There is a 20-40 minute wait, and then the second picture will be taken.
- The test is finished after this.

How long will the test take?

- Approximately 5 hours.

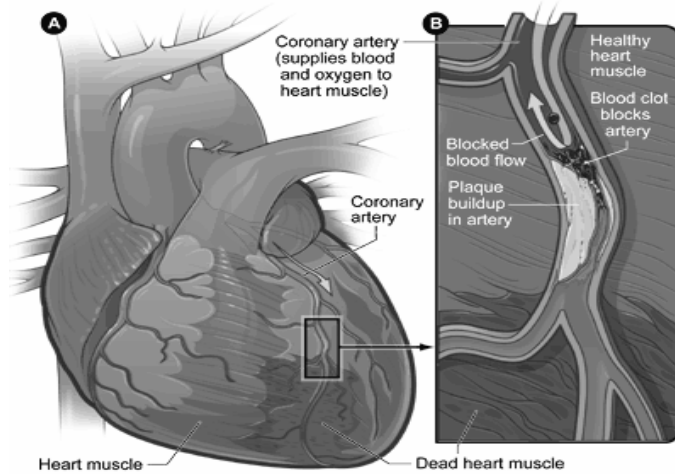


http://www.nhlbi.nih.gov/health/dci/images/stress_test.jpg

Image 1 : Stress test

The technologists are unable to give test results. Your doctor will receive a copy of the report within approximately 1 week.

If you have any questions, concerns or if you are unable to keep your appointment, please do not hesitate to call the booking office at **742-2571** or toll free **1-877-742-2571**.



[http://www.nhlbi.nih.gov/health/dci/images/heart_coronary_artery .gif](http://www.nhlbi.nih.gov/health/dci/images/heart_coronary_artery.gif)

No scent is good sense. South West Health promotes a scent free and smoke free environment.

South West Health, Nova Scotia
<http://www.swndha.nshealth.ca/>

DIAGNOSTIC IMAGING DEPARTMENT
WESTERN REGIONAL HEALTH CENTRE
60 VANCOUVER STREET
YARMOUTH, NS
B5A 2P5