



Patient & Family Guide  
2018

# Sestamibi Exercise Test



[www.nshealth.ca](http://www.nshealth.ca)

# Sestamibi Exercise Test

Doctor: \_\_\_\_\_

## When is my appointment?

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Arrive at the hospital 15 minutes before your appointment to register.

**If you are not able to come to your appointment, please leave a message at 902-473-1595 so another patient can be booked in your time slot.**

## Where do I go?

Go to the Nuclear Medicine Department on the 3rd floor of the Halifax Infirmary, 1796 Summer Street.

## How long will the test take?

The test will take about 5-6 hours. You will have to wait between different parts of the test.

**Please talk with your doctor or technologist if you have any questions or concerns. We are here to help you.**

## **Getting ready for the test**

- It is **very important** that you tell us if you:
  - › may be pregnant
  - › are breastfeeding
  - › have had any recent nuclear medicine studies
- Do not have any caffeine (such as tea, coffee, cola soft drinks, or chocolate) or decaf drinks for 12 hours before the test. Water, milk, and juice are fine. Don't drink any tea or coffee even if it has had the caffeine taken out.
- Bring all of your medications or a list of your medications to the hospital with you.
- Take your medications as usual unless told otherwise by your doctor.

## **What to wear and bring**

- Wear warm comfortable clothing without buttons or zippers.
- Wear footwear that is easy to get on and off and that will be comfortable on the treadmill.
- Leave all jewelry at home.
- Empty your pockets.
- Bring a warm sweater without buttons or zippers in case it is cold.

## **How is the test done?**

Go to the Summer Street entrance at the Halifax Infirmary, and take the elevator to the 3rd floor. Go to the main registration desk for Diagnostic Imaging, on the 3rd floor. After you register, you will go to Nuclear Medicine just down the hall.

- A Nuclear Medicine technologist will explain the test to you and set up an intravenous (IV) in a vein in your arm.
- A radioactive isotope called sestamibi will be injected into the IV. The amount of radiation is very small and will not hurt you.
- A gamma camera will be used to take pictures of your heart. This will take about 30 minutes.
- The technologist will tell you when to come back for your exercise test in the afternoon.

**Next you will go to the Cardiac Services Department on the same floor, just down the hall from Nuclear Medicine.**

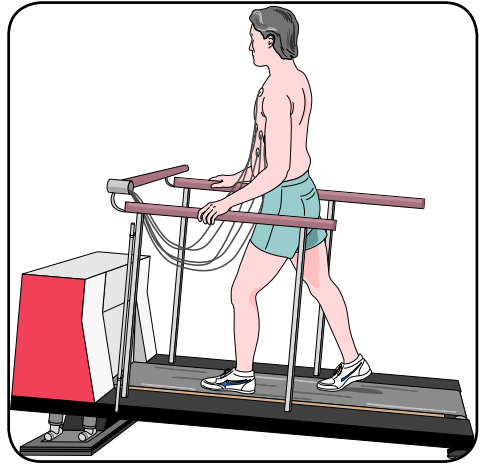
- You will be asked to sign a consent form.
- A technologist will place electrodes like the ones used for an ECG (electrocardiogram) on your chest.

***Remember: Do not have any caffeine while you are waiting between tests.***

**You will then go back to the Nuclear Medicine Department on the 3rd floor.**

- A technologist will attach the electrodes to a machine which lets us watch your heart's rhythm during the test.

- The technologist and doctor will be with you as you walk on the treadmill. The doctor will decide on the speed and incline (angle) of the treadmill.



- You will be given another injection of sestamibi through your IV as you walk on the treadmill.
- Your blood pressure will be checked before, during, and after the test.
- We will tell you what time to come back for your last set of pictures.

**Do not leave the hospital until you are sure that your test has been completed and the technologist says it is OK to leave.**

## **Tell the doctor if you feel:**

- › chest discomfort
- › jaw and/or arm pain
- › sick to your stomach
- › dizzy
- › short of breath

## **When will I get the test results?**

Your family health care provider will get the test results in a few days. They will talk about the results with you.

## **Notes:**

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### **Looking for more health information?**

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.