

GENERAL INSTRUCTIONS:

1. Obtain a signed requisition from your referring healthcare provider, and if possible, email or fax a copy to our clinic.
2. Please review our COVID-19 protocol at [MyHealthCentre.ca/COVID-19-Protocol](https://www.myhealthcentre.ca/COVID-19-Protocol).
3. If applicable, bring a list of your medications and instructions from your referring healthcare provider.
4. Please arrive 15 minutes before your scheduled appointment with your signed requisition, if you have it, and your valid Ontario health card.
5. Please be considerate of other patients who are waiting for urgent healthcare appointments and provide us at least 24 hours' notice if you are unable to attend your appointment. A missed appointment will be charged a no-show fee and your referring doctor will be notified.

CARDIOLOGY CONSULTATION

Bring a list of all your current medications.

CARDIOLOGY

1. **ECHOCARDIOGRAPHY:** A cool sensation may be felt on the skin from the gel on the transducer, and a slight pressure of the transducer may be felt on your chest.
2. **EXERCISE STRESS TEST OR STRESS ECHOCARDIOGRAPHY:** Discontinue erectile dysfunction medication for 1 week before your test. Bring a list of all your current medications. Wear soft sole shoes and comfortable clothing.
3. **HOLTER MONITORING:** Please do not put any cream/lotion on your chest. Wear loose, comfortable clothing. Bring a list of all your current medications. Please note: a shower/bath is not permitted during the recording period.
4. **BLOOD PRESSURE MONITORING:** Please wear a shirt/blouse with short or loose-fitting sleeves. Bring a list of all your current medications.

NUCLEAR MEDICINE

1. **BILIARY SCAN:** Do not eat or drink anything for 4 hours before your appointment.
2. **BONE SCAN:** You will receive an injection. After the injection, you will be free to go until your next appointment time. You will be instructed to drink 3-4 glasses of fluids and void frequently. You will return at the second appointment time for pictures. Initial injection: 20 Minutes | Later Images: 2 Hours
3. **GALLIUM SCAN:** You will receive an injection of gallium, which is a small and safe amount of radioactive material. After the injection, you will be free to go until your next appointment time, between 6 to 48 hours later. Upon returning, images will be taken with a scanner to detect where the radiotracer has accumulated in your body.
4. **RENAL SCANS:**
 - **Renal Function Scan:** Drink 2 cups of water 1 hour before your appointment. Bring a list of all your current blood pressure medication.
 - **Renal Captopril Scan:** Do not eat anything for 1 hour before your test. Drink 4 glasses of liquid (water/juice – 1 glass each hour for 4 hours before your test). You may empty your bladder. Bring a list of all your current medications. At the time of booking, patients will be informed regarding discontinuation of ACE Inhibitors, diuretics, and other anti-hypertensive medication.
5. **THYROID UPTAKE & SCAN:** Thyroid medications (e.g. eltroxin, synthroid, thyroxine) or food containing iodine (e.g. kelp or seaweed) might affect the results of this test. Please inform staff at the time of booking if you are taking any thyroid medications. Check with your physician regarding the discontinuation of any thyroid medications or supplements (should be discontinued 3 weeks before your test). Bring a list of all your current medications.

Thyroid Uptake & Scan is performed over 2 days:

- Day 1: A capsule is taken orally, and a measurement is taken (up to 1 hour).
- Day 2: 24-hour measurement of uptake, followed by an injection and then imaging (1 hour).

BONE MINERAL DENSITY

Do not take calcium/vitamin supplements 24 hours before your exam. If you have had a nuclear medicine dye injection or a barium study within the past 2 weeks, please reschedule your BMD test. Patients are asked to wear clothing without zippers or metal attachments.

NUCLEAR CARDIOLOGY

- You should be fasting (except water) for 4 hours before the test.
- Insulin-dependent diabetics should take their insulin with a light meal 2 hours before the test.
- Discontinue all caffeine products 24 hours before the test. This includes all tea, coffee, decaffeinated tea/coffee, pop, chocolate, Tylenol 2 & 3 and/or medications containing caffeine.
- Wear loose fitting clothing, such as a t-shirt, track pants, athletic shoes, etc.
- Bring a list of all current prescription medications and check with your physician regarding the discontinuation of any heart medications, such as Beta-Blockers like Metoprolol or Atenolol, as well as Calcium Channel Blockers like Diltiazem or Verapamil.
- Do not take erectile dysfunction medications, such as Viagra, Cialis, Levitra, etc. for 48 hours before the test.
- If you are pregnant or there is a possibility of pregnancy, or if you are breastfeeding, Nuclear Medicine Stress Testing may not be appropriate for you at this time. Please consult with your physician.

MYOCARDIAL PERFUSION IMAGING consists of 2 parts, which may be completed in one or two days:

1. Rest Study: 1.5-2 Hours

- For this portion of the test the technologist will administer via intravenous injection a small amount of radioactive tracer, which is carried by the blood stream to your heart. There are no side effects with this injection. Approximately 15-45 minutes after your injection, the technologist will take pictures of your heart for approximately 20 minutes with a special gamma camera that detects the injection. For the imaging, you may be sitting in a specially designed imaging chair or lying on a bed and while the pictures are being taken, it's important to remain very still during this time to avoid blurring the images.

2. Stress Study: 2-2.5 Hours

- For this portion of the test, ECG electrodes will be placed on your chest to monitor your heart rhythm throughout the test. An intravenous line will also be placed in the arm or hand. You will begin to exercise on a treadmill, during which time your heart rate and blood pressure will rise. These are normal responses that are being closely monitored with your ECG.
- If you are unable to exercise adequately on a treadmill, similar results can be achieved using a drug called Persantine. Persantine mimics the effects of exercise by dilating the blood vessels of the heart, allowing for increased blood flow.
- Once you have reached your maximum level of exercise, the technologist will administer a small amount of radioactive tracer and you will continue exercising for an additional 1-2 minutes. If blood flow to the heart is limited due to coronary artery disease, then the amount of tracer in your heart is reduced. Following the Stress Test, the intravenous will be removed.
- It is very important that a set of pictures is taken after the stress test to compare to the resting images and assess the amount of blood supply to the heart at rest and during stress (exercise). Once the stress test is complete you will wait approximately 15-45 minutes afterwards before the imaging can begin. The wait time may vary based on individual characteristics to best optimize image quality, the technologist will advise how long you will be waiting before images.

AFTER THE TEST: You will be able to return to your normal activities when the test is complete, unless your physician or technician tells you otherwise. You can drive after the test. If you are travelling by plane, train or crossing the border within one week after your test, please inform the technologist.

MAMMOGRAPHY

Do not wear any deodorant, powder, or perfume during your appointment.
Wear a separate blouse with skirt or slacks.

ULTRASOUND

- 1. ABDOMEN:** No eating or drinking (smoking or chewing gum) for 8 hours before your appointment.
- 2. PELVIC:** You must completely drink 34 oz (or 1 litre) of water 1 hour before your appointment. **Do not empty your bladder before the examination.**
- 3. ABDOMEN & PELVIC:** No eating or drinking for 8 hours before your appointment. **HOWEVER,** you must completely drink 34 oz (or 1 litre) of water 1 hour before your appointment. **Do not empty your bladder before the examination.**
- 4. ABDOMEN & LIMITED PELVIC:** No eating or drinking (smoking or chewing gum) for 8 hours before your appointment.
- 5. FETAL GROWTH FOLLOW-UP & BIOPHYSICAL PROFILE:** Patients should eat/drink a sweet snack 10 minutes prior to their appointment (i.e., fruit, chocolate bar or bottle of juice/smoothie).
- 6. OBSTETRIC (1st + 2nd TRIMESTER):** You must completely drink 34 oz (or 1 litre) of water 1 hour before your appointment. **Do not empty your bladder before the examination.**
- 7. OBSTETRIC (3rd TRIMESTER):** Attempt to drink up to 1 litre of water 30 minutes before your appointment. Do not empty your bladder before the examination. You should eat/drink a sweet snack 10 minutes prior to your appointment (i.e., fruit, chocolate bar or bottle of juice/smoothie).
- 8. RENAL ARTERIES & ABDOMINAL AORTA:** No eating or drinking for 3 hours before your appointment.
- 9. RENAL & BLADDER:** No eating for 3 hours before your appointment. Start drinking 34 oz (or 1 litre) of water 1.5 hours before your appointment and finish it 1 hour before your appointment. **Do not empty your bladder before the examination.**
- 10. PORTAL VEIN:** No eating or drinking (smoking or chewing gum) for 8 hours before your appointment.
- 11. OTHER:** No preparation required for the following exams: Thyroid, Breast, Scrotum, Extremity and Vascular Ultrasound.

ULTRASOUND (CHILDREN AGES 0-17 YEARS)

ABDOMEN:

- **Under 2 Years:** No eating or drinking (except water) for 2 hours before your appointment.
- **Ages 2-4 Years:** No eating or drinking (except water) for 4 hours before your appointment.
- **Ages 5-12 Years:** No eating or drinking (except water) for 6 hours before your appointment.

PELVIC:

- **Under 3 Years:** Drink clear fluid without bubbles (such as water, apple juice, etc.).
- **Ages 3-6 Years:** Drink 16 oz. (2 cups) of water 30 minutes before your appointment.
- **Ages 7-11 Years:** Drink 24 oz. (3 cups) of water 45 minutes before your appointment.
- **Ages 12-17 Years:** Drink 32 oz. (4 cups) of water 1 hour before your appointment.

PET/CT SCAN

- The evening before your scan, do not consume sugary drinks or foods, such as juice, soda, rice, pasta, white bread or baked goods. For the full day prior to your scan, choose higher protein foods, such as nuts, seeds, meat, poultry, fish, eggs, cheese, beans and vegetables.
- Discontinue vitamins, supplements and caffeine the evening before your scan. You may take your regular medications, unless they contain caffeine.
- Do not exercise for 12 hours prior to your scan and minimize your physical activity for the full day prior to your scan.
- Do not eat or drink anything other than plain water for 6 hours prior to your scan.
- Wear loose, comfortable layers of clothing that are free of metal buttons and zippers.

SPECIAL INSTRUCTIONS FOR DIABETIC PATIENTS

- These instructions apply to both insulin-dependent and non-insulin dependent patients.
- In order to acquire a good PET/CT scan for you, we REQUIRE your blood sugar level to be under or equal to 10.0 mmol/L (180.0 mg/dL). It is ideal to have a blood sugar level between 4.0 – 7.0 mmol/L for our test.
- DO NOT take your Insulin or diabetic medications (metformin, glyburide, glucophage, januvia, etc.) 4 hours prior to your appointment.
- DO NOT eat or drink anything 6 hours of your appointment. Drinking plain water is encouraged for your test.
- You will be requested to provide to 2 recent glucose readings when confirming your appointment.
- If you have a morning appointment, it is suggested that you fast overnight to keep your blood sugar level down the next morning.
- If you have trouble controlling your blood sugar level or have blood sugar readings typically above 10.0 mmol/L, please notify the clinic.



- ✓ Location services, hours and directions
- ✓ Chat live and book appointment online
- ✓ Test preparation in 20+ languages
- ✓ Reqs for sleep disorders, PET/CT and more

- ✓ Screening precautions and infection prevention
- ✓ Access your radiology images and results
- ✓ Satisfaction survey
- ✓ Join our team

ACCREDITED WITH
COMMENDATION

