

## MYOCARDIAL PERFUSION IMAGING WITH STIMULATION TEST INFORMATION SHEET

This examination has two parts: a stress test (e.g. exercising on a bicycle and/or the infusion of a medication), followed by imaging of the heart (the actual myocardial perfusion imaging), which involves the use of a tracer that is injected during the stress test. Most commonly, two sets of images will be taken: an initial myocardial perfusion imaging examination will be performed immediately after the stress test, possibly followed by a second examination at rest. You should expect to be in our department for at least 5 hours.

Pregnant women or those on the second part of their menstrual cycle should not undergo examinations involving radionuclides, unless they are using an effective and permanent method of contraception. If you are not sure, call us to arrange an appointment. In all circumstances, both men and women must keep away from pregnant women or young children for 24 hours.

### VERY IMPORTANT, READ CAREFULLY: What does the heart stimulation test involve?

This will be an exercise stress test (on a bicycle), or a pharmacological stress test (involving the infusion of a medication), or both.

**The stress test** involves steadily exercise on a bicycle, while under electrocardiographic monitoring, to trigger your usual symptoms or to check that they do not occur while on treatment. Under careful cardiological supervision, this test is not dangerous. A high level of stress in our department is therefore your best guarantee against the consequences of any stress that you might experience outside the hospital, alone and without any medical supervision! If you have an arterial aneurysm, or if you have stenosis of the aortic valves or congestive heart disease, please tell us in the stress test room. Please dress appropriately (sportswear, suitable footwear, towel).

**The pharmacological stress** test is carried out either together with the stress test, if you cannot endure "sufficient" physical exercise, or alone, when the stress test is not indicated or is contraindicated. Pharmacological testing is sometimes contraindicated in patients with asthma, severe respiratory failure or hypotension. Please tell us if you have any of these conditions. Please also tell us if you have a prostatic adenoma or glaucoma (eye hypertension).

- The pharmacological test uses products that may be rendered completely ineffective by certain foods. **For that reason, you MUST NOT drink tea, coffee, Ricoré® or cola drinks, or eat or drink chocolate or bananas-based foods or beverages for 24 hours prior to the examination.**

- **Diabetic patients should eat a light meal but follow the instructions above.**
- **If you are on treatment (particularly beta blockers)** and you have taken your medication, it will not be possible to use certain products and/or the stress will be of limited intensity. Depending on your cardiologist's wishes, you might need to take all your medication, to take only some of your medication or to stop taking all your medication several days in advance. Bring you medication with you in any case.
- Ask your cardiologist or prescribing physician if you should stop taking medication and, if so, which medication. If necessary, show them this information sheet.

Finally, a stress test (exercise or pharmacological stress test) may sometimes trigger myocardial ischaemia (angina pectoris attack), if you have unknown coronary artery disease (partial or total blockage of one or more coronary arteries by cholesterol plaques), which this examination can reveal, or if your treatment is not optimally adjusted (which the examination can confirm). If we find severe heart disease we will treat you, which may involve staying in the department for several hours more, or even being placed under observation overnight, to avoid or to minimise the risk of myocardial infarction or heart rhythm disturbance. You also need to understand that, if this happens, it is not the examination that causes it, but the severity of an unknown disease, and that the fact that it is "revealed" in hospital is fortunate, considering what could happen if this were revealed somewhere where immediate medical care is not available. It is coronary artery disease that causes myocardial infarction, sudden death or heart failure. However, **extended monitoring is ONLY VERY RARELY NECESSARY** in the tens of thousands of examinations carried out each year in France and Monaco. Arrhythmia (irregular heartbeat) may also occur, but this is very often caused by genuine heart disease.

Lastly, minor and reversible side effects may sometimes occur, such as temporary dizziness, headache, dilated pupils causing blurred vision, or nausea. These symptoms are not serious but may require you to rest before returning home and, in any case, mean that you should be very careful if you need to drive. If you experience any of these side effects, it is best to have someone come with you or to use public transport.

- **If you are on treatment (particularly beta blockers)** and you have taken your medication, it will not be possible to use certain products and/or the stress will be of limited intensity. Depending on your cardiologist's wishes, you might need to take all your medication, to take only some of your medication or to stop taking all your medication several days in advance. Bring you medication with you in any case.
- Ask your cardiologist or prescribing physician if you should stop taking medication and, if so, which medication. If necessary, show them this information sheet.

As regards the radiation produced by the examination, it is comparable to that involved in an X-ray, i.e. 10 to 20 mSv, depending on the product injected. For comparison:

Average natural radiation in France (per year)	2,5 mSv
1 week skiing at 2000m	0,25 mSv
Flight crew (per year)	da 2 a 4 mSv
1 X-ray	da 10 a 30 mSv

## INFORMATION SHEET CONCERNING MYOCARDIAL PERFUSION IMAGING WITH A STIMULATION TEST

I, the undersigned, (Full name):

hereby certify that I have read this information sheet, which consists of 3 pages, and I agree to undergo the examination.

Monaco, [date]

Signature: