



**\*ALL EXAMINATIONS\*** Please bring your Health Insurance Card and another piece of identification with this form.

If you have any questions about your exam, exam preparation, or need to change, or cancel your appointment, please contact Central Booking. Patients who miss their appointment and fail to cancel 24 hours prior to their exam may be charged a \$25.00 fee

**Only those exams below require preparation. Please review carefully to ensure the best exam results.**

## Exercise MIBI - Myocardial Perfusion scan - with or without Persantine (Dipyridamole)

*\*If there is any chance of pregnancy, the exam should be postponed until the start of menses or within the 10 days thereafter.*

Your heart is imaged in two phases, on two separate days: once after stress (exercise), once while resting. Each appointment takes approximately 2-3 hours.

### 1. Do not consume any caffeine for 24 hrs prior to your stress test appointment

This includes such things as: coffee (*including decaffeinated coffees*), teas, colas and soda pops, chocolate, Tylenol #1, #2, and #3 (*over the counter Tylenol products may be used*). If you are taking a prescription medication for pain relief, contact your pharmacist to ensure that it does not contain any caffeine.

No erectile dysfunction medications (eg. *Viagra, Cialis*) 72 hours prior to your exam (*applies to both males and females*).

### 2. Do not eat or drink anything after midnight before the test

If you normally take medication in the morning, you may continue to do so with some water (*unless otherwise directed by your physician*).

### 3. Bring a list of your medications with dosages included

Continue to take all your medication(s) as directed by your physician. Should you have any questions about taking your medications for the test, contact your doctor's office.

### 4. Diabetic Patients

DO NOT take your diabetic medications on the morning of your stress test. Bring your medications.

### 5. Asthmatic Patients

Bring your inhalers and medications.

### 6. Clothing

Please wear a comfortable pair of pants or shorts, a short sleeve shirt that buttons up the front, and appropriate footwear to be worn on a treadmill.

### 7. Food

Please feel free to bring a snack. There will be a waiting period between the stress test and scan.

## Exercise Stress Test - no imaging

Please wear a comfortable pair of pants or shorts, a short sleeve shirt that buttons up the front, and appropriate footwear to be worn on a treadmill.

## Locations

Hours of operation vary by examination

⌚ *Extended Hours available for X-ray*

### Edmonton

**Hys Medical Centre**  
202-11010 101 ST NW  
Fax: 780.424.7780

**Allin Clinic (X-ray Only)**  
B1, 10155 120 ST NW  
Fax: 780.488.0238

⌚ **Tawa Centre**  
200-3017 66 ST NW  
Fax: 780.461.7527

**College Plaza**  
7th Flr-8215 112 ST NW  
Fax: 780.439.9977

⌚ **Century Park**  
201-2377 111 ST NW  
Fax: 780.461.8524

**Windermere**  
201-6103 Currents DR NW  
Fax: 1.888.442.2136

**Terra Losa**  
9566-170 ST NW  
Fax: 1.877.543.8044

**Namao 160**  
209-15961 97 ST NW  
Fax: 1.877.433.9020

**MRI & CT**  
(*Separate requisition required*)

**MRI College Plaza**  
7th Flr-8215 112 ST NW  
Fax: 780.433.7286

**MRI & CT Century Park**  
201-2377 111 ST NW  
Fax: 780.433.7286

### St. Albert

⌚ **Summit Centre**  
102-200 Boudreau RD  
Fax: 780.459.2376

**Grandin X-Ray (X-ray Only)**  
1 St. Anne ST  
Fax: 780.458.9096

### Sherwood Park

**Synergy Wellness Centre**  
109-501 Bethel DR  
Fax: 780.392.1268

### Ft. Saskatchewan

**Southpointe**  
115-9332 Southfort DR  
Fax: 780.392.1269

**MIC Business Office:**  
**Hys Centre**  
203-11010 101 ST NW  
Edmonton  
Fax: 780.425.5979