



**ST VINCENT'S  
HOSPITAL**  
SYDNEY

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

**St Vincent's Hospital Sydney Limited**  
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**Theranostics and Nuclear Medicine Department**

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## **PREPARATION FOR MYOCARDIAL PERFUSION SCAN**

- Fasting is required from midnight, during the fasting period you can only consume water
- 24 Hours prior to the appointment please avoid and cease all caffeine intake this includes the following – Coffee, Tea, Chocolate, Soft drink (anything that will stimulate your heart)
- Wear comfortable clothing on the day, please wear appropriate footwear if exercise is required for the exam
- Please bring along the referral from your Doctor along with a current medication list
- Please take all regular medication on the day

### **NON INSULIN DEPENDENT PATIENTS:**

- Please fast from midnight (no breakfast the morning of the appointment only water)
- Cease all hypoglycaemic medications

### **INSULIN DEPENDENT PATIENTS:**

There are two options below. Please check with a Nuclear Medicine Nurse/Physician by ringing (02)8382 1830 to discuss these instructions

- 1) Cease morning dose of insulin
- 2) Have a small/light breakfast with half the normal dose of insulin

If you require any further information about the scan and preparation regarding medication please call **8382 1830** to speak to a nurse.