Preparing for your Persantine MIBI

COASTLINE CLINIC
INTERNAL MEDICINE

What is a Persantine MIBI (Myocardial Perfusion Scan)?

A Persantine MIBI assesses your coronary arteries at rest (day 1) and after stress (day 2) using special dye called "radioisotope" and special cameras that can detect it. This test is designed to help your doctor evaluate the blood flow supply to your heart. It is ordered if you are having symptoms of shortness of breath or chest discomfort.

What happens during the test?

A MIBI test is done in two sittings. The first day, you have the RESTING picture. You will get an IV injection and 2-4 hours later, you will like down inside a large scanner for about 30 minutes. The second day is a "EXERCISE/STRESS" picture. You will have and IV medication called Persantine given, which mimics exercise by speeding up your pulse, and again a picture will be taken in the scanning room.

How to prepare for the test

- Arrive 30 minutes before your appointment time.
- Do not consume any caffeinated products for 24hours before your first test.
    - This includes coffee, tea, soda, chocolate, cocoa, or medications with caffeine. Caffeine interferes with the accuracy of the test
- Do not take Viagra, Levitra, or Cialis for 72 hours prior to the test.
- Bring a list of all your current medications to your appointment.
- If applicable, discontinue your Nitropatch 12 hours before the test.
- Do not eat 4 hours prior to your appointment/test. You can have water.
    - If you are on insulin, you may have a light breakfast to avoid hypoglycemia
- Inform the technologist if you are planning to travel to the USA or other international destination in the next 14 days.
- If you are pregnant, may be pregnant, or you are breastfeeding, call the department prior to your test as we do not do this test on pregnancy/breastfeeding people.

Is this test safe?

Yes, MIBI tests are non-invasive, and do not involve needles beyond a routine IV. The radioisotope and scanning does equal about the same radiation of a CT scan of your chest and is quickly eliminated from your body.

Some people may experience flushing, nausea, mild chest pain, or headache when they are given Persantine. An antidote (Aminophyline) is available and can be given if necessary.