

**** ALL EXAMINATIONS ****

Please bring this signed request with you. **If you are unable to keep your appointment, please phone 780-669-2222 to reschedule it.**
There is no facility to look after small children.

PATIENT PREPARATION INSTRUCTIONS: Exercise MIBI & Exercise Stress Test:

DO NOT EAT or DRINK for four hours prior to test. **NO caffeine** containing foods or beverages (includes coffee, tea, pop, chocolate and medication with caffeine such as Tylenol #3 or Excedrin) for 24 hours prior to test. Wear a short sleeved shirt with buttons and clean footwear for walking on treadmill. Bring a list of all current medications with you.

PLEASE do not wear perfumes/colognes or any scented products to your appointment.

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

The heart is imaged in two different phases/ two separate days; while resting and after stress (exercise).

- Check in at Meadowlark Diagnostic Imaging at **200 Meadowlark Health Center**
- Follow the above patient preparation instructions for both appointments
- The Rest scan appointment takes approximately 1 1/2 to 2 hours
- The Stress scan appointment takes approximately 2 1/2 to 3 1/2 hours

Exercise Stress test - no imaging

- Check in at Meadowlark Cardiac Lab at **234 Meadowlark Health Center** - Use mall entrance 2 or 3
- Follow the above patient preparation instructions
- Appointment takes approximately 45 minutes to 1 1/2 hours

Holter Recording

- Check in at Meadowlark Cardiac Lab at **234 Meadowlark Health Center** - Use mall entrance 2 or 3
- First appointment takes approximately 15 minutes to set up monitor
- Return the next morning between 0730 and 1100h to have the monitor removed - takes 5 minutes to remove

24 Hour Ambulatory Blood Pressure Monitoring - (ABPM)

- Check in at Insight Medical Imaging at **200 Meadowlark Health Center**
- Exam is not covered by Health Care - Cost is \$80 for exam - cash, debit, Visa or Mastercard
- Appointment takes approximately 30 minutes to complete paperwork and to set up monitor
- Patient returns the next morning between 0730 and 1100h to have the monitor removed - takes 5 minutes to remove

