MIBI Scan

What is a MIBI?
This test will help show whether there is a problem with the circulation to your heart.

How long will it take?
Each part of the test can take up to four (4) hours. In the middle of one part of the test, you will wait for up to an hour. This is not a delay; it is part of the test. The test is usually scheduled on 2 separate days back to back.

What will happen?
There are two parts to this test. In both parts, you will receive an isotope called "mibi" and lay under a camera to scan your heart. In only one part of the test, you may walk on a treadmill OR you will receive a medication to exercise your heart.

Where is the test done?
- Health Sciences Centre
- St. Boniface General Hospital
- Seven Oaks General Hospital
- Victoria General Hospital
- Grace General Hospital

Important instructions:
NO CAFFEINE:
Do not eat or drink anything that contains caffeine for 24 hours before each part of your test. This means:
- No coffee or tea
- No decaffeinated coffee
- No herbal tea
- No chocolate or cocoa
- No soft drinks
- No Anacin
- No Tylenol 2 or 3
This is VERY IMPORTANT. If you are not sure if it contains caffeine, do NOT eat or drink it.

**DIABETICS:**

If you are diabetic, you will need special fasting instructions. Please call the lab where you are having the test done.

**FASTING:**

*IF YOU ARE NOT DIABETIC, FOLLOW THESE FASTING INSTRUCTIONS*

Do not eat or drink anything except water for four (4) hours before each part of the test. You will be sent for something to eat during the test. If you wish, you can bring a snack or go to one of our cafeterias.

If your doctor has ordered bloodwork for cholesterol levels, you will need to fast 14 hours before the first part of the test.

**MEDICATIONS:**

Take your pills the usual way, unless you have been told otherwise by your doctor. Bring along a list of your current medications.

**SMOKING:**

Do not smoke for four (4) hours before each part of the test.

**NITRO PATCH:**

If you wear a nitro patch, remove it six (6) hours before the test. Bring a new one with you.

**ATTIRE:**

Wear walking shoes or runners. Wear loose pants or shorts. A top will be given to you. Do not wear an scented colognes or body lotions.

**RISKS OF THE TEST**

Life threatening complications are rare (less than 1 in 1,000) and include heart attack, serious heart rhythm problems and death.

**NOTE:**

If you have asthma or are taking dipyridimole (persantine), discuss this with your doctor.

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