

MR Cardiac Stress Patient Instructions

WEEKS or DAYS before your appointment:

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified about your appointment.
- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Consult your primary care provider:** If you're claustrophobic or require a sedative (Ativan), consult with your doctor before proceeding with your appointment.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Remove your continuous glucose monitoring device (CGMD):** If you have a CGMD or insulin pump, it must be removed before your appointment. www.ipumpit.ca

1 DAY before your appointment:

- **DO NOT** have caffeine (coffee, decaffeinated coffee, tea, pop, chocolate).

HOURS before your appointment:

- Eat a light meal before your appointment, such as dry toast and jam, a bowl of soup, cereal with milk, cheese and crackers, or yogurt.

BRING to your appointment:

- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

DO NOT bring:

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

AT your appointment:

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.
- You will be asked to remove all metal items including pins, hairpieces, jewelry, make-up, prosthesis, wallets, and phones.
- You will have intravenous (IV) lines placed in your arms, which will be used to inject contrast and medication. Contrast will make parts of your body more visible in images.
- Your appointment may take up to 2 hours.