

# Information for patients

## Cardiac MR-examination including stress testing

### Dear patient

On behalf of the Director of our Nuclear Medicine Service and the Management of University Hospital Zurich we cordially welcome you. We expect you for an outpatient examination.

For administrative purposes, please bring along your insurance certificate and show it to our receptionists.

### What type of examination will you undergo?

We will perform an MR scan of your heart under medication-induced stress. This examination permits us to evaluate the perfusion of your heart muscle. For this purpose, you will receive a drug (Adenosine or Dobutamine, which are substances your own body produces as well). This examination typically lasts 45-60 minutes.

### Preparation

- For this examination, you need to abstain from food and drink for 4 hours (only allowed is intake of tap water). Diabetics may need to talk to their referring physician and adapt their medication dose.
- Please do not drink any coffee, black tea, or chocolate containing drinks on the examination day. They may mitigate the effect of the above-mentioned medications given during the test, resulting in a non-conclusive examination.
- If you take medications such as Nitrates or Aminophylline, please do not take them for 24 hours prior to the examination, if at all possible.
- If you take drugs such as betablockers (Metoprolol, Carvedilol, Bisoprolol, Atenolol, etc.), discontinue them on the day preceding the examination, if at all possible.
- In case of doubt, please discuss this with your referring physician.

### Examination proper

You will be examined in the MR scanner lying on your back. You are connected to the doctor and technicians in charge by interphone. The headset also serves to reduce the noise coming from the MR scanner during the examination. Our personnel is located at the imaging console right outside the

examination room. In general, two venous infusions are placed in your arms veins. They serve to infuse MR contrast media and separately, the stressor medications. You will receive respiratory commands through the headsets, as the examination is performed using a breath-hold technique. You need to repetitively hold your breath for 10-20 seconds, during which images are obtained.

### Side effects

The action of Adenosine lasts only for a few seconds. **Adenosine** can lead to short symptoms of chest pressure, shortness of breath or heat sensation. When such symptoms occur, there is no cause for worries, as they are part of the examination. After discontinuing the Adenosine infusion, the effect will subside after a very short time. **Dobutamine** can cause perspiration, headaches as well as shortness of breath. In extremely rare cases cardiac arrhythmias may occur. Rarely, allergic reactions have been described.

Conducting a car is permitted after the examination.

### Please note:

**Children or young adults are not permitted to accompany you to the examination**  
**If you are unable to keep your appointment, you have to let us know by phone no later than noon of the day preceding the examination.**  
**Else, we have to bill you for the cost of the examination.**

**Phone: +41 44 255 35 55**

Parking space around the University Hospital is very limited and maximum parking time is two hours. We kindly ask you to use public transportation, whenever possible.