

Myocardial perfusion scan

Nuclear Medicine Department Patient Information Leaflet

Introduction

Your doctor has suggested that you have a myocardial perfusion scan. This leaflet has been compiled to give you information about this.

What is a myocardial perfusion scan?

This is a test in which a small amount of a radioactive substance is injected into a vein in your arm, in order to allow pictures to be taken, using a special nuclear camera, of your heart and its blood supply. This shows how well blood flows into your heart during exercise and at rest.

To obtain good pictures, the injection must be given when your heart rate is increased by a drug that stimulates your heart as if you were exercising.

Female patients – as the test involves an injection of radioactive substance, please tell us before you come for your appointment if you are, or might be, pregnant. If you are not sure, a pregnancy test will be offered. Please also tell us if you are breastfeeding.

What alternatives are there?

There may be an alternative test you can have. Your consultant will be able to discuss this with you. It is your decision as to whether you have this scan.

Do I need to prepare for the test?

Yes, 12 hours before the test you will need to stop taking any of the following medication:

- Theophylline
- Aminophylline
- Dipyridamole

You may also need to stop taking any beta blockers for three days before the test. We will give you instructions about this.

Please do not have any food or drinks containing caffeine e.g. tea, coffee, coke, chocolate or any painkillers or cold remedies that contain caffeine for 12 hours before the scan. **If you have caffeine during the 12 hours before, we will not be able to perform the test.**

When you ring in to confirm your attendance, please tell us of any medications you take, your weight and whether you have asthma or diabetes.

What is involved?

The scan takes place in two parts. For the first part of the test, you will be asked to lie on a couch and an intravenous (IV) line will be placed into a vein in one of your arms.

Electrodes will be placed on your chest to allow us to take ECG readings and your blood pressure will also be monitored throughout the test.

Once your heart rate is increased sufficiently, a radioactive substance will be injected through the IV line. Pictures will then be taken of your heart while you are lying on our scanner which will take about 20 minutes. You will then be given a second injection of radioactive substance.

After this part of the test, we will give you a time to return, which will be approximately two to three hours later, for the second part of the test.

During the time in between each stage, it is important that you rest. You can go home if you are in a car and you may also have a drink and a light lunch. When you come back, we will take more pictures which will take about 20 minutes.

Are there any side effects?

When you are given the drugs to stimulate your heart, adenosine and dobutamine, these may cause some mild side effects while you are being given the drugs and straight afterwards such as light headedness and pounding of your heart. If this happens, it will only last a few minutes and then go away. The medical staff will monitor you throughout the test.

What should I do after the test?

You can drive, and eat and drink normally after the scan. You can also start taking any medication that you had to stop before the scan.

After your injection, for 24 hours, avoid unnecessary close contact with young children or anyone who could be pregnant. After 24 hours you no longer need to do this as the substance will have passed out of your body.

How do I get the results?

The results will be sent to your hospital consultant and you should be sent an appointment to see your consultant in the clinic to discuss these results. If you do not have a follow up appointment or you do not hear anything within one month, please contact your consultant's secretary via the hospital switchboard on 01384 456111.

If you were referred for the scan by your GP, your results will be sent back to them within two weeks.

In radiology departments, every effort is made to keep radiation doses low. The radiation doses from X-ray examinations or isotope scans are small in relation to those we receive from natural background radiation. You should make your doctor aware of any other recent X-rays or scans you may have had, in case they make further examinations unnecessary.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Nuclear Medicine Department on 01384 456111 ext 2335

If your appointment date is not convenient, please contact the Outpatient Booking Team on 01384 365100 (8am to 6pm, Monday to Friday).

This leaflet can be made available in large print, audio version and in other languages, please call 0800 0730510

ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਲਿਖਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੇਂ-ਆਊਟਪੈਸ਼ਨ ਟੀਮ ਨਾਲ **0800 0730510** ਟੈਲੀਫੋਨ ਨੰਬਰ 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशेंट इनफ़रमेशन को-आउटपैस਼न की टैलीਫ਼ोन ਨੰਬਰ **0800 0730510** पर फ़ोन करें।

ਜੇ ਤੁਸੀਂ ਆਪਣੀ ਪਹਿਲੀ ਟਿੱਪਣੀ (ਪੰਜਾਬੀ) ਵਿੱਚ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੇਂ-ਆਊਟਪੈਸ਼ਨ ਟੀਮ ਨਾਲ **0800 0730510** 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

आपनि यदि এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে **0800 0730510** এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الورقة مترجمة بلغتك الأصلية (اللغة العربية) , فرجاء الاتصال بمتسق المعلومات للمريض
Information Co-ordinator على النفاون **0800 0730510**

سبب ضرورت اسلطفات کوئی زبان (اردو) میں حاصل کرنے کے لیے ہماری ٹیلیفون نمبر **0800 0730510** پر وقت آؤٹشجھو۔ اور دیگر (مریضوں کے) کے معلومات کی فراہمی کے سلسلے میں (مرکز) کے ساتھ رابطہ کریں۔