

Going for a Myocardial Perfusion Scan



Nuclear Medicine
Diagnostic Imaging Dept

Before your appointment (IMPORTANT)

Do not take medication called Beta Blockers for 48 hours prior to your test. Please check with your General Practitioner (GP) if you are unsure.

Do not take any of the following medicines 48 hours prior to your test:

Dipyridamole
Aminophylline

If you are unsure about stopping any medication please contact your GP.
All other medication should be continued as normal.

Do not have anything to eat or drink which contains caffeine (tea, coffee, coke, red bull, hot chocolate) or anything containing coffee or chocolate for 24 hours before your appointment.

On the day of your appointment

Do not have anything to eat/ drink, except water, during the morning of your test.

Diabetic patients may have a light breakfast.

This document is printed on double sided sheets. Please make sure you read all pages so that you are properly informed.

Peterborough City Hospital, Bretton Gate, Peterborough PE3 9GZ
Department: Diagnostic Imaging Author: Jane Emden Principal NM Radiographer Aug 2020

Ref No: CS229 - MIBI Stress Version 3 Jan 2022
Review Date: Jan 2024

What is a Myocardial Perfusion scan?

This is a scan that shows the blood supply to your heart. It may also be called a MIBI scan. The scan is carried out in two parts on separate days to get clear images. The first part shows the blood supply to your heart whilst exercising. The second part shows the blood supply to your heart whilst resting.

Are there any risks?

For this scan it is necessary to inject a small amount of a radioactive tracer in order to take the pictures.

The small risk from this is outweighed by the information gained by performing the scan. If your consultant has asked for you to have this test, then they will be happy that the 'stressing' part is safe for you.

Serious reactions to drugs are rare, however occasionally more minor reactions occur such as slight flushing or feeling light headed. This will be over very quickly.

Please don't bring any children with you when you attend and avoid close contact with children and anyone pregnant for 24 hours after the scan.

Should I bring anything with me?

- Please wear sensible clothes and shoes with no metal parts. Separates are advised for females so a heart monitor can be easily attached.
- ***Please bring something fatty with you to eat later on e.g. cheese sandwich , sausage roll or a chocolate bar. Do not eat it before you are told you can.***

What happens to begin with?

When you arrive in the Nuclear Medicine Department we will ask you a number of questions and explain the procedure again. There will be a number of different staff present: a radiographer, an ECG technician and a specialist nurse or doctor.

We will insert a cannula (plastic tube) into a vein in your arm/ hand and attach you to a heart monitor. We will then administer a drug that speeds up the heart and makes it beat more strongly or one that opens up the blood vessels in the heart to simulate the effects of exercise.

The alternative is to walk on a treadmill.

The person doing the stress test will discuss this with you and explain why the method they have chosen is best for you, however if your preference is to use the treadmill please ask the nurse in charge if this would be possible.

Peterborough City Hospital, Bretton Gate, Peterborough PE3 9GZ
Department: Diagnostic Imaging Author: Jane Emden Principal NM Radiographer Aug 2020

Ref No: CS229 - MIBI Stress Version 3 Jan 2022
Review Date: Jan 2024

Your injection

The same cannula will be used to inject a small amount of radioactive tracer while you are being stressed.

What happens during my scan?

- The scan pictures cannot be taken for at least 60 minutes after your isotope injection.
- During the wait you will be asked to eat and drink as this helps to make the pictures clearer.
- You will be asked to remove any jewellery, and to lie down on the couch, if possible with both arms above your head. We will make you as comfortable as possible as it is very important that you remain as still as possible for the duration of the scan.
- The camera will be positioned over your chest and will slowly move around your body, taking images for about 20 minutes. This is often followed by a quick CT scan while you are on the same bed.
- You will not be left on your own - there will always be someone immediately available.

You will then have to wait a few minutes whilst the scan is checked, sometimes we may need to repeat some images.

How long will it take?

Please be prepared for your visit to last up to three hours.

**You have been sent a second appointment for the REST part of the study
Please remember to bring a fatty food item and some water with you for this scan also.**

After your scan

It is very unlikely that you will feel any side effects after the scan but if you think that you have please inform the Nuclear medicine department. After your scan there will be a small amount of radioactivity left in your body but this will not represent a significant risk to other people around you. However, for the rest of the day, we advise that you minimise close contact with babies and children as well as anyone who is pregnant.

Your results

Your heart scan will be looked at by a specialist doctor who will issue a report. This report will be sent to the doctor who referred you for this scan, rather than to your GP and you will receive your results from them

Please contact us if you:

- 1 Are or maybe pregnant or breast feeding
- 2 Weigh over 150 Kgs
- 3 Have any condition that may require extra consideration; please inform us in advance of your appointment to help us support you in your care and treatment.

Finally, please remember that the preparation is ordered especially for you so if you cannot attend please let us know as soon as possible.