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Having a DPD heart scan to look for amyloid deposits

Department of Nuclear Medicine

Information for Patients

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What is a DPD heart scan?

Amyloid is an abnormal protein that can build up in the heart tissue and weaken the heart. Amyloid deposits can cause the muscles to stiffen. This makes it harder for the heart to pump blood around the body. This scan will show if your heart has been affected in this way.

For a nuclear medicine scan you will be injected with a very small amount of a radioactive substance called a tracer. The tracer for this scan is called '99mTc-DPD'. It collects in certain areas of the heart muscle. It also gives off gamma rays which are then picked up by a special camera.

Before your appointment

Please let us know if you cannot attend the appointment at least 3 days before. This is so we can offer your appointment to someone else. Please call 0116 258 5627 to do this.

Leicester Royal Infirmary: Level 0, Sandringham Building (near Osborne Building).
Glenfield hospital: The department is best reached through the east entrance.

You must tell us if:

- you are pregnant, think you may be pregnant, or have just missed a period.
- you are breastfeeding. This is because tracer can come out in breast milk. You may be told to stop breastfeeding for a short time.
- you have any incontinence problems. This is because radioactive substances will be in your pee (urine). You may need special instructions because of this.
- you have problems with your memory or learning disabilities.
- you need an interpreter (please tell us at least 3 days before your appointment).

How do I prepare for the scan?

You will need to be well hydrated before your appointment.

Have a couple of cups of water / fluids before attending. You can eat and take any medicines as normal.

What happens during the scan?

You will have time to talk to a member of staff about the procedure and ask any questions. You will have 2 appointments on the same day:

- The first will take between 15 and 30 minutes.
- The next will be about 1 hour and 30 minutes.

The full procedure could take about 5 hours. This includes a period of 2 hours and 30 minutes to 3 hours between the 2 appointments when you are free to leave the department.

1st appointment:

- We will give you a small radioactive injection in a vein in your arm. This is no more painful than having a blood test.
- You can then leave the department until your 2nd appointment time.
- After your injection you will need to drink plenty of fluids and go to the toilet often. This will both reduce the small radiation dose you get and improve the quality of your scan.
- You can eat normally during this time.

2nd appointment:

- You will be asked to go to the toilet.
- You may be asked to change into a gown before going into the camera room. Avoid wearing an underwired bra or a top with any metal fastenings/decoration on it.
- You will be asked to lie still on a bed. We will take pictures of your whole body. This takes about 30 minutes.
- After this you will stay on the bed and an extra scan will be done. This will take about 30 minutes. The cameras will rotate around your body 1 or 2 times. Straight after this you will have a CT scan (all on the same camera).
- **You must not move during any of the scans.**
- To get good quality pictures the gamma camera will be quite close to you. You may be left alone in the room.
- There is a large window and intercom so we can monitor and talk to you.

What happens after the scan?

You will be radioactive after you have had your injection for the next 24 hours (1 day). To lower any risk to yourself and others you must follow the advice below:

- Drink plenty of extra fluids.
- Flush the toilet well after use. Men should sit down when going for a pee.
- Wash your hands well each time you use the toilet.
- Avoid contact (more than 30 minutes) with anyone who is or maybe pregnant, small children and babies.
- Often there is no problem in going to work. Please ask staff for advice if you work with radiation or in the photographic industry.

Are there any risks?

It is very unlikely that you will have any side effects from the radioactive injection. There is a small risk from the radiation you get by having this scan.

Ionising radiation can cause cell damage that may, after many years or decades, turn cancerous. We are all at risk of developing cancer during our lifetime. The normal risk is that this will happen to about 1 in 2 people (50%) at some point in their life.

The dose of radiation you will get from this test is very small. It is the same dose you would get from the environment in about 1.25 years. Having this test will add only a very small chance of this happening to you. In fact, the risks from missing a serious disorder by not having this test may be much greater.

How will I get the results of the scan?

Your scan will be looked at by a radiologist and the results passed on to your consultant. They will be discussed with you at your next outpatient appointment.

Useful information

You may want to bring a relative or friend with you. Because of the nature of the examination, they will not be allowed into the room during the procedure, unless we need their help.

Please do not bring children with you to your appointment. Radiation is more hazardous for children and pregnant women than for adult. You should not bring them into the Nuclear Medicine Department unless they are coming for a scan.

If you need hospital transport, please see our website https://www.uhleicester.nhs.uk/

Contact details

For information about your test, please contact (answering machine checked during office hours):

Leicester Royal Infirmary: **0116 258 5627**

Glenfield Hospital: **0116 258 3850**

Leicester Raiopharmacy Service: **0116 258 5579**

If you have a question about your medical condition, please contact your GP or the doctor who made your referral.

What happens if I cannot attend or miss my appointment?

- You can ask to change or decline your appointment up to 2 times. **If you cancel again after that you may be discharged.**
- If you do not come to your appointment or someone does not bring you, you may be discharged back to the person who referred you after **1 missed appointment.**

More information

Useful websites:

- www.bnms.org.uk
- www.radiologyinfo.org
- www.patient.co.uk
- www.informed-scan.com/

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

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If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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