

Having a DPD heart scan to look for amyloid deposits

Department of Nuclear Medicine

Information for Patients

Produced: July 2023

Review: July 2026

Leaflet number: 1421 Version: 1

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, making it more difficult for the heart to pump blood around the body. This scan will show whether your heart has been affected in this way.

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

Before your appointment

If you cannot attend your appointment please call 0116 258 5627 to rearrange at least 3 days before so that we can try to offer your appointment to someone else.

Leicester Royal Infirmary – Level 0, Sandringham Building (near Osborne Building).

Glenfield hospital – The department is best reached via 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 present in your pee (urine) and 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 you appointment).

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How do I prepare for the scan?

You will need to be well hydrated before your appointment. Have a couple of cups of water (or equivalent) 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 about 1½ hours.

The full procedure could take about 5 hours, this includes a period of 2½ to 3 hours when you are free to leave the department.

1st appointment:

- You will be given 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 receive 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 (if possible 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 and pictures will be taken 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).
- It is very important you do not move during either 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. To lower any risk to yourself and others we ask you to 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 prolonged contact (more than 30 minutes) with anyone who is or maybe pregnant, small children and babies.
- Usually 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 associated with the radiation you receive 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 50% of people 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 receive 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 wish to bring a relative or friend with you. Due to the type of scan, friends and relatives 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 adults, so please do not to bring them into the Nuclear Medicine Department unless they are coming for a scan.

If you need hospital transport, please see our website www.leicestershospitals.nhs.uk, or call our Patient Transport Service (TASL) on 0345 241 3012 at least 3 days before your appointment.

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 Radiopharmacy Service: 0116 258 5579

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

Further information

Useful websites:

www.bnms.org.uk

www.radiologyinfo.org

www.patient.co.uk

www.informed-scan.com/

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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