

Having a myocardial perfusion scan

Department of Nuclear Medicine

Information for Patients

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What is a myocardial perfusion scan?

This is a safe and simple procedure. It uses a small amount of radioactivity to see how well the blood goes to the muscle of the heart while the heart is exercising or 'stressed'.

There are 2 ways the test can be done:

- a drug (Adenosine or Regadenoson), or
- your pacemaker (if you have one)

is used to reproduce the effects of exercising during the test. Most peoples' heart symptoms happen when they are doing something such as walking, climbing stairs or doing exercise. The aim of this test is to see how well blood feeds the heart muscle when your heart is coping with exercise or 'stress'.

if you cannot attend your appointment, please call 0116 258 5627 3 days before

- **to rearrange the appointment**
- **so that we can try to offer your appointment to someone else.**

Glenfield hospital – Please use the East Entrance.

You must tell us if you are

- pregnant, think you may be pregnant, or have just missed a period.
- breastfeeding. This is because radioactive substances can come out in breast milk and you may be advised to stop breastfeeding for a short time.
- having any **problems holding your pee** (incontinence). This is because your pee (urine) will have radioactive materials, and you may need extra guidance as a result.

**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

- having problems with your memory or learning difficulties.
- in need of an interpreter (please tell us at least 3 days before your appointment).
- arriving by **ambulance** please contact Department as soon as possible.

How to prepare for the scan

You should follow the instructions below, if not, we may not be able to carry out your scan.

- Please **do not drink or eat anything that has caffeine for 24 hours before your appointment**. Caffeine blocks the action of our exercise drugs. Your test will have to be rearranged for a later date if you have not followed these instructions. More details below.
- On the morning of your test, please **do not eat or drink anything at all for 4 hours** before your appointment. Carry on taking any routine medication during this period, with a small amount of water.
- **Diabetic patients** - please keep on eating and drinking as normal, but you must follow the instructions about no caffeine.
- Bring a list of your **current medication** with you, along with any sprays or inhalers.
- **Wear loose fitting clothes** for this appointment. A short sleeved shirt or blouse and trousers are best. Dresses and tights should be avoided.

Caffeine is found in lots of drinks and food. Please do not eat or drink the following:

- Any tea (including decaffeinated, green and herbal teas)
- Coffee (including decaffeinated)
- Coca cola (diet or original)
- All chocolate products such as ice cream and hot drinks (such as hot chocolate or Horlicks)
- Any fizzy drinks
- Coffee liquors (such as Tia Maria)
- Some painkillers and 'over-the-counter' cold remedies also contain caffeine. Please read the ingredients before taking them.
- Peptac or any medication containing peppermint

If you are in any doubt whether something has caffeine, please do not eat or drink it.

Drinks allowed up **until 4 hours before**: water, milk, fruit juice, squash.

What happens during the test?

When you arrive at the Nuclear Medicine department

- we will weigh you and ask some questions.
- we will explain the examination to you and you can ask any questions.

- a trained member of staff will use a needle to put a small plastic tube (cannula) into a vein in your arm. This will be used to give a drug to exercise your heart. It will also be used to give a radioactive injection that allows us to take pictures of your heart muscles.
- we will check your heart and blood pressure during the examination. This part of the test takes about 30 minutes.
- There will then be a 60 minute wait before your scan. You will be able to leave the Department during this time. You can eat and drink as normal.
- We will give you a time to come back so that we can take pictures of your heart.
- We use a **gamma camera** to take pictures. You will sit on a chair with the camera (an L-shaped box) around your left side. Your left arm will sit on top of this camera to about shoulder height. Please let us know if you are not able to raise your left arm before attending your appointment.
- We will take 2 pictures, 1 sat upright. Then with the chair lying back (reclined). You will not have to lie completely flat.
- You will be attached to a heart monitor so that we can take the pictures in time with your heart.
- The **technologist** operating the **gamma camera** will be sit in the room throughout the scan. The whole procedure usually takes between 2 to 3 hours. The time will vary for each patient.

How long will it take?

Most people will be in the department for 2 to 3 hours. You may be here longer if you need another scan.

How will I get the my results?

Your test will be looked at by a Radiologist and the results will be passed to your Cardiologist. Your results will be discussed with you at your next outpatient appointment.

Please contact us **before** your appointment if you

- take a drug called **persantin / dipyridamole / aminophylline / theophylline**.
- need an interpreter.
- have a **chest infection** or have had one within the last 6 weeks.
- have difficulty raising your left arm.
- are not able to stand.
- have issues lying flat.
- are anxious in very small spaces (**claustrophobic**).
- are due dialysis on the same day as your test.

- have learning or memory problems.
- are pregnant or think that you may be pregnant.
- are breastfeeding.
- have problems with toileting (incontinence).
- are **allergic** to the metals **tin or copper**.
- are having surgery in the 48 hours before or after your scan appointment.
- have had a coronary angiogram within the last 3 months.

Are there any risks?

The drug used to exercise the heart during the test can sometimes produce side effects such as

- chest tightness,
- headache,
- shortness of breath,
- feeling sick and
- hot flushes

as you would if you were exercising.

These effects usually last only a very short time and our staff are fully trained to look after you if you feel these effects.

There is a very low risk that you may have a severe reaction to the medication or exercise needed for the test, these include an abnormal heart rhythm or heart attack.

Nothing given to you during the test is likely to stop you from driving a car or make you feel sleepy.

There is a small risk linked with the radiation you get by having this scan. This is like the amount of radiation you would receive naturally from the environment in about 5 years. It is unlikely to cause you any harm. Your doctor thinks that the results of this test will give us clinical information that outweighs the risk from the radiation.

After your scan

You will need to drink extra fluids after your injection to help remove the radiation from your body.

Your pee (urine) will be mildly radioactive until the next day. It will not look or feel any different. We advise that men sit down when having a pee. Make sure the toilet is well flushed, and wash hands well.

You will need to restrict close contact with small children and any one who is, or may be, pregnant.

Is there a second appointment?

You will normally need a second appointment for another myocardial perfusion scan. This is to look at your heart at rest.

The resting test involves a radioactive injection and a scan. You must not eat or drink for 4 hours before the test unless you are diabetic.

No exercising drug is given for this part and you may have caffeine in your diet as normal.

The second scan will need to be done within 6 weeks of the first one. This test will take about 3 to 4 hours.

Relatives and children

You may wish to bring a relative or friend with you to your scan. They will not be able to come into the room during your examination, unless it is needed for us to carry out your test.

Please do not bring children with you. Radiation is more dangerous for children and pregnant women.

More information

Please use the East Entrance of Glenfield Hospital to find the department.

See our webpage for Nuclear Medicine at Leicester's Hospitals here:

www.leicestershospitals.nhs.uk/aboutus/departments-services/imaging-services/nuclear-medicine/

Other useful websites:

British Nuclear Medicine Society: www.bnms.org.uk

Radiology Info www.radiologyinfo.org

Patient Info www.patient.co.uk

Medical Imaging: 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 અસ્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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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