

Nuclear Medicine Myocardial Perfusion Heart Scan

Your doctor would like you to have a Nuclear Medicine scan and has arranged for you to visit our department. We would like your visit to be as pleasant as possible and hope this leaflet will answer some of the questions you may have. Should you have any questions regarding your appointment please contact us on one of the telephone numbers below between 9:00am and 5:00pm Monday- Friday.

0300 131 4797 or 0300 131 5853

WHAT IS A MYOCARDIAL PERFUSION HEART SCAN?

The scan is a way of assessing blood flow within the coronary arteries of your heart. This will show the extent and localise any coronary artery disease (Angina) or if your heart has been damaged from a previous heart attack. The test also shows how efficiently the heart contracts when it pumps blood around your body.

The test may have been requested to check your heart before you have a major operation or may be requested by the DVLA to ensure you are fit to drive certain vehicles.

IS THE SCAN SAFE?

The amount of radiation you receive is as small as possible and is similar to other X-ray procedures. The radioactivity leaves the body very quickly and it will not make you feel sick or sleepy.

DO I NEED TO PREPARE FOR THE SCANS?

For 12 hours before your appointments have only water, milk or fruit juice to drink. You should eat a light breakfast/lunch e.g. Toast, Porridge or Cereal.

If you have had Tea, Green Tea, Coffee, Chocolate, Cola, Energy Drinks or Decaffeinated drinks during this time we will be unable to do your scan.

When you receive this appointment please call the Nuclear Medicine department on the number at the top of this leaflet to confirm you are able to attend. We will also ask you your weight and check your current medication.

If you are taking any of the following medications **Dipyridamole, Persantine, Aminophylline, Theophylline do not take them the day before and the day of your FIRST (Stress test) appointment.**

You **MUST** take all **other** medication as normal unless we tell you otherwise.

If you do not confirm your appointment we may offer your appointment to another patient.

IS THERE ANYTHING I SHOULD TELL THE STAFF BEFORE THE SCAN?

Women should tell us as soon as possible after receiving this appointment if they are pregnant, if they think they may be pregnant or if they are breast-feeding. Women between the ages of 12 and 60 will be asked to sign a form on the day of their test to confirm their pregnancy status. If there is any doubt then by law we have to perform a pregnancy test before we can do the test.

WHAT IS INVOLVED?

The test is in 2 parts that are carried out on 2 different days. You must attend both appointments for the Doctor to be able to complete a report.

Please allow 2-4 hours for each appointment. Please wear loose fitting clothing above the waist that does not contain metal.

First Appointment (Stress Test)

Shortly after you arrive we will put a cannula needle into a vein in your arm or hand. A Nurse will check your ECG and Blood Pressure before injecting a medicine into the cannula to simulate exercise. You may feel a little breathless, light headed or get some chest tightness. If you experience any symptoms they will disappear within a few minutes. You will also be given an injection in your cannula of a radioactive tracer that travels to your heart. We do not expect you to have any side effects to this injection. After your injection you should eat a fatty meal e.g. Cheese, Chocolate bar, Pastry. You may also have Tea or Coffee at this time. You may bring your own food or purchase something from the Hospital. Your scan will take place 45min - 1 ½ hours later.

Second Appointment (Rest Scan)

The second appointment will involve the injection of the radioactive tracer only without the Medicine to exercise your heart. After your injection you should eat a fatty meal e.g. Cheese, Chocolate bar, Pastry. You may also have Tea or Coffee at this time. You may bring your own food or purchase something from the Hospital. Your scan will take place 45min - 1 ½ hours later and will be the same as your first scan.

Both Appointments

HOW ARE THE SCANS PERFORMED?

The scan is carried out on a Gamma Camera and takes approximately 20minutes.

You will be asked to remove any jewellery and clothing around your chest that contains metal. The scan involves taking pictures while you lie on your back whilst connected to an ECG machine. The camera is placed close to your chest and will move slowly around you. The camera will not be over your face. In addition the camera will perform a CT scan of your chest which is used to increase the accuracy of the scan. It is important you keep very still during the procedure.

Sometimes it is necessary to repeat the scan after a further delay. This may be because you have moved during the scan or because some of the radioactive tracer is yet to reach the optimum position in your body.

PRECAUTIONS AFTER THE INJECTION

After your injection you should avoid prolonged close contact with pregnant women and children for 24 hours. Children and pregnant women should not accompany you to the department. You should also avoid blood tests and dental visits during this time. If you are planning to travel abroad within 7 days after your appointment please inform the staff during your appointment.

WHAT DO I NEED TO DO BETWEEN THE INJECTION AND THE SCAN?

You should eat a fatty meal e.g. Cheese, Chocolate bar, Pastry. You may also have Tea or Coffee at this time. **You may bring your own food or purchase something from the Hospital.**

WHAT CAN I DO AFTER THE SCAN?

You can go home or to work. You can drive a car and eat and drink normally.

WHAT HAPPENS TO THE RESULTS?

We cannot give you the results of your test. We will send a report to the doctor who asked for the scan as soon as possible.

CONSENT

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

SOURCES OF INFORMATION

British Nuclear Medicine Society (BNMS)

IMPORTANT INFORMATION

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

YOUR COMMENTS

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or email: esh-tr.patientexperience@nhs.net

HAND HYGIENE

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

OTHER FORMATS

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask a member of our team.

Reference

The following clinicians have been consulted and agreed this patient information:

Dr Emma Owens, Consultant Radiologist, ESHT

Dr David Sallomi, Consultant Radiologist, ESHT

The directorate group that have agreed this patient information leaflet:

Core Services

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Responsible clinician/author: Mr Christopher Salt, Nuclear Medicine Modality Manager

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