

# Myocardial perfusion scan



One + all | we care

**Please read this leaflet carefully and telephone us as soon as possible to confirm your attendance and to answer questions about:**

- Weight
- Asthma
- Are you severely claustrophobic?
- Previous heart surgery or recent tests
- Can you lie flat?
- Do you have any severe allergies including Asprin?

Phone 01872 252330 (10am – 4.30pm).

**How do I prepare for it?**

**It is ESSENTIAL not to have any caffeine or chocolate for 24 hours before your appointment otherwise the drug used in the test will not work.**

**Please avoid: all tea, coffee, decaffeinated coffee/tea, chocolate (of any kind), cola, energy (stimulant) drinks and some medications - for example some "non-drowsy" preparations, some pain killers and some weight loss pills (please check the packaging).**

**It may be sensible to restrict drinks to water, fruit juice or milk for 24 hours.**

**On the day of the test please avoid eating for two hours before your appointment, but please bring a fatty snack and a drink with you or money to buy some.**

## **Why do I need this scan?**

This scan is usually done for one of the following reasons:

- you are having chest pain or discomfort
- you are getting short of breath
- you have had a heart attack or a heart procedure like a bypass or angioplasty
- you are having skipped heartbeats or palpitations
- you are scheduled for surgery
- assessment for kidney transplant.

The scan shows how well your coronary arteries are supplying blood to your heart. If there is a problem we can tell which part of your heart is involved and how serious the problem is.

## **What is involved?**

You will receive an injection of a tracer drug, which enables us to view the blood flow to your heart. The tracer contains a small amount of radioactivity, which makes your heart show up on a special camera (a gamma camera). We use the smallest possible amount of radioactivity to do the test.

The tracer is injected while you are being given a drug that increases the blood flow to your heart. This is done to imitate one of the effects of exercise. We use a drug called Adenosine over a period of four minutes. During this time you may feel a little breathless and warm. You may find this uncomfortable although these effects will wear off very quickly. We will constantly monitor your blood pressure and your heart (ECG).

After this part of your test, you need to have a fatty snack e.g. sandwich before your scan. You may have tea/coffee at this point.

### **How long will it take?**

Two and a half hours in total.

### **Is it suitable for everyone?**

You should not receive radioactive agents if you are pregnant, may be pregnant, or are breast feeding, so please let us know.

### **What if I am taking medication?**

If you take **DIPYRIDAMOLE** (Attia), **THEOPHYLLINE** (Uniphyllin) or **AMINOPHYLLINE**, please let us know as soon as possible.

Use the QR code below to watch the video, "What is a myocardial perfusion stress test?" or use the link:

<https://healthcarevideos.royalcornwallhospitals.nhs.uk/nuclear?videoid=4524>



**Please take all other medications as normal.**

**Please bring a list of all your medications with you.**

**If you use any inhalers, please bring them with you.**

## **What should I wear?**

Please wear loose comfortable clothing with separate top and trousers or skirt. Please don't wear tights.

## **Should I take any precautions?**

Yes. Please avoid non-essential contact with children or pregnant women for the rest of the day.

## **Can I bring someone with me?**

Yes but they will not be allowed into the test room or scanner unless they are a carer. Do not bring children or pregnant persons with you.

## **Rest study (Day 2)**

If it is required you will be asked to come back on another day. No preparation is needed, it just involves another injection of the tracer and a further scan to show the blood flow to your heart at rest.

You will still need a fat-containing snack as before but you do not need to stop caffeine for Day 2.

## **How to find us**

The Nuclear Medicine department is in the basement of the Tower Block at the Royal Cornwall Hospital, Truro. There is limited parking outside the Tower Block entrance.

We recommend the Park and Ride service at Langarth (West Truro) and Tregurra (East Truro) which operates a frequent bus service to the Hospital.

[www.cornwall.gov.uk/parkfortruro](http://www.cornwall.gov.uk/parkfortruro)

## **Are there any risks?**

We ensure that the amount of radiation you receive is as small as possible. It is similar to the natural radiation you would receive from living in Cornwall for 8 months.

## **Contact us**

If you have any questions or need further advice, please call us on: 01872 252330 Mon – Fri  
10am – 5pm.

**As there is a very high demand for this test, please let us know as soon as possible if you are unable to attend so that we can offer your appointment to someone else.**

**Please note that the Royal Cornwall Hospital is a smoke-free environment. Smoking is not permitted inside the hospital or on the grounds at any time.**

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

