

# Myocardial Perfusion Scan

## Patient Information Leaflet

### Nuclear medicine Department



### Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:

**01253 955588**

Our Four Values:

People Centred

Positive

Compassion

Excellence

# Important Points

- Please fill in the questionnaire on Page 11 and bring this with you to your appointment.
- Before your **stress test** appointment you must have **no caffeine** for at least **24 hours** prior to the test. This means having no tea or coffee (not even decaffeinated), no chocolate, no fizzy drinks, no "over the counter" headache or cold remedies or pain killers. Please see page 10 of this booklet.
- Please ring the department if you suffer from airways disease, asthma or take inhalers for breathing problems.
- Failure to refrain from caffeine prior to the stress test will mean the scan having to be cancelled.
- You do not need to stop any medication or caffeine for the rest scan.
- Please do not eat or drink for 4 hours prior to both appointments

## Important Points

- You must ring the department of nuclear medicine at Blackpool Victoria Hospital on 01253 953919 as soon as possible to confirm if you will be attending.
- The radioactive tracer is ordered especially for you and is expensive. If you are unable to keep your appointment for any reason please notify the department before the examination so that your appointment can be allocated to another patient on our waiting list. If you have any questions you may ring the department on 01253 953919. We are available Monday to Friday 9am to 5pm. The phone line can be very busy but there is an answering machine for you to leave a message if you wish. If you are phoning to confirm your appointment we will not reply to your message unless you request us to do so.

# Your Myocardial Perfusion Scan

The test is normally done in two parts, one where we look at your heart at rest and one where we look at your heart during stress.

We usually perform the rest scan first but there are occasions when we may perform the stress test first. We would arrange this over the phone with you if necessary.

For both appointments you will be given an injection of a small amount of radioactivity. This will not make you feel any different but will circulate in your bloodstream and show the blood supply to your heart muscle. We will then carry out a scan using a special camera which will be able to see if your heart is receiving an adequate blood supply during rest and stress conditions.

# Rest Scan

## Rest Scan Visit

Please avoid food and drink for 4 hours prior to your appointment time. If you are diabetic you may have a light snack if needed. You may drink water if you need to take any medication during this time. Take all medications as normal prior to rest scan but please bring a full list of any tablets or sprays you are taking.

When you attend for the rest scan you will be given an injection of a small amount of a radioactive tracer into a vein in your arm or hand. You will then need to wait up to an hour before we can scan you. During this time we need you to eat a fatty snack, which you will need to bring with you, or may leave the department to go to the hospital cafe. A fatty snack would include a cheese sandwich, bag of crisps, chocolate bar, pork pie or cream cake.

For your scan you will be required to lie on your back with your arms above your head. This will take 20 minutes.

# Stress Scan

## Stress Scan Visit

It is important to avoid all caffeine containing products for at least 24 hours prior to your appointment, see the list on page 10 of this booklet, and again we will need you to avoid food and drink for 4 hours prior to your appointment.

Occasionally you may need to stop taking beta blockers or other medications prior to the stress test.

We will let you know if you need to stop any medication when you bring your medication list to your rest appointment.

If you have a GTN spray or tablet, which is used under your tongue for angina, then we will not be able to do the stress test within 6 hours of you using this medication. If you need to use the GTN spray or tablet in this time then please use it but let us know.

Please bring a fatty snack with you when you attend for the stress scan.

# Stress Scan

When you attend for your stress scan we will insert a cannula into a vein in your arm or hand. We will also take your blood pressure and perform an ECG (Electrocardiogram) which will show your heart rhythm.

We will then administer a drug into your system for 5 minutes that will have the same effect on you as if you are exercising. The drug we use is called Adenosine and this drug will open up all your arteries. You may feel some side effects from the drug, commonly these include feeling light headed, headache, dry mouth, tingling fingers, shortness of breath, chest tightness or chest pain. Some people do not feel any different during the procedure but it is normal to feel some side effects.

All stress procedures have some risk of severe side effects but this test is safer than alternative tests which are the treadmill test and angiogram. It is 3 times safer than the treadmill test and 10 times safer than having an angiogram.

Once the Adenosine has been administered any side effects you may feel will disappear very quickly.

You will have to wait 30 - 60 minutes before having the scan. You will need to eat a fatty snack during this time.

## After the test

After the test you can eat and drink normally and you will still be able to drive a car. Drinking extra fluids for the rest of the day will help flush the radioactivity out of your body, the rest will disappear naturally.

After both appointments please avoid spending a long time in close contact with young children or pregnant women for the rest of day to avoid exposing them to unnecessary radiation.

### Scan Results

The results of your scan will be sent to the consultant who referred you for the test. You will either get a letter with the results or an appointment to go back to see your consultant in clinic. This usually takes between 2-4 weeks.

# Radiation Dose

The injection we give you for both the rest and stress scans contains a small amount of a radioactive tracer which emits gamma rays. We use the smallest dose possible to provide as much information as we can about your condition. The radiation dose is low and similar to the natural background radiation we all receive from the environment over a period of 4.2 years. The results of your scan will give your doctor useful information about your condition and will help them plan your treatment so the benefits of having the scan far outweigh the small radiation dose you will receive.

Further guidance has been published by Public Health England, visit website - <http://www.gov.uk/government/publications/ionising-radiation-from-medical-imaging-examinations-safety-advice>

# Products containing caffeine

**All Tea (including decaffeinated and herbal)**

**All Coffee (including decaffeinated)**

**Chocolate**

**Drinking chocolate / cocoa**

**Fizzy drinks**

**Sports drinks**

**Energy drinks**

## **Drugs containing caffeine**

All medications with 'Extra' or 'Plus' in the name such as Anadin Extra, Panadol Extra.

Energy Tablets such as Pro plus

Weight loss tablets/supplements

Cold relief remedies such as Beechams Powders / Lemsip

Other medications may contain caffeine, if you are not sure please ask your pharmacist.

# Patient Questionnaire

Your name

.....

Please list all tablets,  
medications and inhalers you  
are taking:

.....

Your date of birth

.....

.....

.....

Do you take inhalers?

Y / N

.....

.....

Are you asthmatic?

Y / N

.....

.....

Do you have airways disease?

Y / N

.....

Are you taking Persantin  
(Dipyridamole)?

Y / N

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Are you taking Aminophylline  
(Phyllocontin) or Theophylline  
(Uniphyllin, Slo-phyllin,  
Nuelin SA)?

Y / N

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## Useful contact details

### Nuclear Medicine Bookings

01253 953919

Hospital Switchboard: **01253 300000**

## Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: **01253 955589**

email: **patient.relations@bfwh.nhs.uk**

You can also write to us at:

**Patient Relations Department, Blackpool Victoria Hospital,  
Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

## References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397**

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