

## INFORMATION FOR PATIENTS

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# Undergoing a cardiac scan

### This examination is a two-part test with two separate appointments

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We have been requested by your consultant to arrange a nuclear medicine cardiac scan called Myocardial Perfusion Scintigraphy.

The aim of this leaflet is to explain what you can expect when you come for your scan.

Myocardial Perfusion Scintigraphy is a two-part test performed in our Nuclear Medicine department. The test assesses the amount of blood reaching your heart and how well your heart is working. You will receive an appointment for each test, usually one week apart.

#### **What is nuclear medicine?**

Nuclear medicine is a method of imaging the body using a gamma camera and using radiopharmaceuticals (radioactive 'dyes').

To look at the function of the body, nuclear medicine uses gamma rays. These are very similar to x-rays except gamma rays are produced by a radiopharmaceutical injected into the bloodstream.

The radiation dose is kept as low as possible, similar to an x-ray dose, which means it may take quite a long time to create the images.

#### **What should I do if I cannot attend for either appointment?**

Please inform us as soon as possible on 01623 622515, extension 3284 or 3205, if you are unable to attend. A special injection will be prepared for each scan, which cannot be used on any other patient.

#### **Am I suitable for a nuclear medicine scan?**

Most patients are suitable for a nuclear medicine scan. However, you **must** contact us on 01623 622515, extension 3284 or 3205 for advice if:

- You are pregnant
- There is any possibility that you may be pregnant
- You are breast feeding
- You weigh over 30 stones (200 kilos).

#### **How do I prepare for this scan?**

If you are taking any medications, you may continue to take these as normal. If you have asthma, please take your inhaler on the morning of your test and bring it with you for each scan.

## **Please bring a list of all your current medicines with you.**

Please leave any valuables at home. You are responsible for all personal items you bring into hospital and the Trust cannot accept responsibility for their loss or damage.

The first part of the test requires restrictions on food and drink; ensure that you read the instructions given in part 1 below.

### **How do I find the nuclear medicine department?**

You will need to report to the reception desk in the original x-ray department, which is adjacent to the Emergency Department. From there you will be directed to the nuclear medicine department.

### **Part 1 - Myocardial Perfusion Scintigraphy stress test**

**In order for the examination to be successful you must not, under any circumstances, consume anything containing caffeine for at least 12 hours before your appointment. You must avoid coffee, tea, energy drinks, chocolate, cold and flu medication, antihistamines and cough medicine.**

- Please have light meals only on the day of the test.
- You may take all your medicines as normal.
- A healthcare professional will administer a medicine which will increase the blood supply to your heart.
- Your heart rhythm and blood pressure will be monitored throughout this part of the test.
- A small amount of radioactivity will be injected into your arm and imaging will occur after approximately 30 minutes.
- The imaging will last for another 30 minutes.
- In some cases imaging has to be repeated in another position and this can increase the time taken to perform the test.
- Please allow at least two hours for this visit.

### **Part 2 - Myocardial Perfusion Scintigraphy Rest Test**

This involves an injection of a radioactive isotope into the arm.

- You may eat, drink and take medication as normal.
- Imaging will be performed approximately 30 minutes after the injection and last for a further 30 minutes.
- In some cases imaging has to be repeated in another position and this can increase the time taken to perform the test.
- Please allow at least one and a half hours for this visit.

### **Are there any risks to having a nuclear medicine scan?**

The benefit from the nuclear medicine scan outweighs the small risk from radiation. The scan results will allow your consultant to make the correct treatment decision for you.

To avoid babies and children being exposed to unnecessary radiation, it is good practice to avoid prolonged contact with them for at least 12 hours following the injection.

## **Can I drive after my scan?**

Yes, there is no restriction on driving after your scan.

## **How do I get the results?**

When your scan is finished no instant diagnosis can be made. The images produced are recorded digitally and reviewed and a report sent to your referring clinician.

These results will be discussed with you by your referring clinician. If you have been referred from the hospital and have not received your follow-up appointment within four weeks please contact your consultant's patient coordinator.

If you have any concerns or require more information, please call 01623 622515, extension 3284 or 3205.

## **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

## **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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