



## Instructions for a Myocardial Perfusion Scan

### Shoalhaven Nuclear Imaging

[www.nuclearimaging.com.au](http://www.nuclearimaging.com.au)

Name: \_\_\_\_\_

Appointment:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Your doctor would like you to have a **Myocardial Perfusion Scan**. This is a simple and safe test to investigate known or suspected disease in the coronary arteries, which supply blood to the heart.

Please report to the **Shoalhaven Nuclear Imaging Department**

**Standish Medical Centre, 4/33 Berry Street, Nowra NSW**

**If you cannot attend on the day, please call the Department to make another appointment time.**



The phone number is: (02) 44231944

**Procedure:** This test has two parts: **REST** and **STRESS**

**REST:** You are given an injection of radioactive tracer, which is taken up by heart muscle and scanned 20 minutes after injection.

**STRESS:** Stress part involves either exercise or administration of drug called Persantine, to increase blood flow to the heart muscle. You are closely monitored by a doctor and by ECG, during the stress test. During the stress test you will be injected with radioactive tracer. After the stress test there is a resting period of half an hour where you've been given a cup of tea or coffee. Then a second set of pictures are taken.

**Preparation:** **No Caffeine**(tea, coffee, coca cola, chocolate, decaffeinated coffee, herbal tea), for **24 hours** before the test. Stop Beta Blockers 24 hours before the test

Bring any recent test results, such as **x-ray, CT scan.**

**An important note for women having Nuclear Medicine Scans:**

As with any test using radiation, you must contact us before your appointment if:

- you are or may be pregnant
- you are breast feeding