

Nuclear Medicine

Myocardial perfusion stress scan

This leaflet will help you prepare for your visit to the Nuclear Medicine department. Please read the information and call us if you have any questions. We are happy to help.

What is a myocardial perfusion scan?

This test checks the blood supply to your heart muscle (the myocardium). The test is usually done in two parts. The first part checks how blood flows to your heart muscle during exercise or 'stress'. The test can show areas with poor blood flow which may cause chest pain, or places where there's no blood flow at all, this could be from a previous heart attack. It also helps us see how well your heart is working.

Please call the department when you get this letter to confirm you can attend. This lets us order the injection needed for your test. If you need to cancel your appointment, let us know as soon as possible. If you do not call to confirm, your appointment will be cancelled.

We will ask you for your name, hospital number, date of birth, weight, and appointment date and time.

This number is for confirming your appointment only:

02476 967191

Monday to Friday, 9am-5pm



What do you need to know?

This scan is the first part of a two-part investigation done on 2 different days. When you come for the first part, you will get an appointment for the second part. Each part will take about 3 to 4 hours. The exact time is different for everyone because it depends on how your body responds to the injection and the imaging requirements.

How should you prepare?

It's important that you read and follow these instructions:

- Drink liquids as usual before your appointment. You can drink plain water, squash, juice, or milk.
- For 12 hours before your appointment, do not drink tea, coffee, hot-chocolate, fizzy drinks, or any drinks with caffeine (even decaf).
- For 12 hours before your appointment, do not eat chocolate or anything made with chocolate (including ice-cream).
- You can eat a simple meal like cereal, toast, or a sandwich before your appointment.
- Avoid big, greasy meals before your appointment.
- Take your medications as usual unless your doctor tells you something different. Bring a list of all your medications with you.
- Let us know if your medications have changed since your appointment was made.
- Tell us if you are taking medication like dipyridamole (Persantin), Assasantin, or aminophylline.
- Let us to know if you have asthma or COPD and use inhalers or have been in hospital for these conditions.

Please call us as soon as possible on 02476 96 8212 if:

- You are pregnant (or think you may be pregnant)
- You are breastfeeding
- You have additional needs
- You will be using ambulance transport for your appointment and your appointment time is after midday.
- You don't live in your own private home (such as a care home)

What will happen when you come for your appointment?

When you come for your scan, we'll need access to your arms and chest, so please wear something like a t-shirt to make this easy. You'll be given an injection in your arm to help increase blood flow to your heart. After that, you'll be given a second injection of a radioactive tracer through the same needle.

Your ECG and blood pressure will be monitored during these injections. About an hour later, we will take pictures of your heart. This part will take about 20 to 30 minutes.

What happens when the pictures are taken?

When you go into the camera room, you will be asked to take off any metal things you are wearing. If you are wearing a bra, you'll need to take it off before the scan. ECG electrodes will be attached to your chest, and you will be asked to lift your arms up while the pictures are taken, if you can.

The pictures are taken using a special machine called a gamma camera. It is not a tunnel, but the camera detectors will come close to you. You will lie flat on your back with your arms above your head. The camera will move around your chest, taking pictures continuously. You need to stay still, but you can breathe normally.

After that, you will have a quick CT scan while you stay on the same bed. A member of staff will be able to see you the whole time to make sure you're okay.

What happens after the pictures have been taken?

After your scan, you'll need to wait in the department for a few minutes while we check your pictures. A member of staff will tell you when you can leave.

Sometimes, we might need to take extra pictures before you go. If that happens, we'll explain it to you then. Please note, we will not be able to discuss your results during your scan.

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After you get the injection, try to keep time spent close to small children and pregnant people to as short as possible for the rest of the day. You can still take care of children and give them essential love and care.

It is very unlikely you will feel any side effects after the test. If you do feel unwell, please let us know. After the scan, you can eat and drink normally. You can drive or travel home on public transport.

When will I get my results?

Specialist staff will look at your pictures and write a report. Your doctor will receive this report within 10 days after both parts are completed.

How much radiation will you receive?

This test uses tracers that exposes you to ionising radiation. The amount of radiation is about 5.5 mSv (millisievert). 5.5 mSv is about the same as the amount of natural radiation you get living in the UK for 2 years.

Your doctor has recommended this scan because the benefit to you outweighs the very low risk of harm. The risk of getting cancer because of this radiation is around 1 person in 3,636. This is very small compared with the 1 in 2 risk of someone getting cancer naturally in their lifetime.

Relatives and Escorts

You can bring a friend or relative with you to your appointment but please **do not** bring children or pregnant people with you.

Directions and Car Parking

The Nuclear Medicine department is a short walk from the main entrance on the ground floor. When you enter the hospital through the main entrance, turn left to go into the West wing. Follow the signs for X-ray along the corridor, and you'll find X-ray on the left, just after the Fracture Clinic.

Go to the X-ray reception and walk straight ahead. Follow signs for Nuclear Medicine. You will go through the double doors and enter the main reception area of the department.

There is parking available for patients and visitors, but spaces can be limited, so it is a good idea to arrive early. There is a charge for parking,

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and automatic number plate recognition systems are in use. For more details about directions, parking charges, and site maps, visit the trust website at (www.uhcw.nhs.uk).

Facilities available in the hospital

- Chilled water dispenser in the department.
- Costa Coffee, M&S and WHSmith in the main reception foyer.
- Three hospital restaurants.

What if you still have questions?

If you have any questions or concerns, we're here to help. Please call the person who referred you for this treatment or contact the Nuclear Medicine department.

The Nuclear Medicine department is open:

Monday to Friday, 9am to 5pm

Phone: 024 7696 8212

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 8212 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

Did we get it right?

We would like you to tell us what you think about our services. This will help us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback



Document History

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