

Nuclear Medicine

Ground Floor (Access via X-Ray Dept.)

Clifford Bridge Rd, Coventry, CV2 2DX

Myocardial perfusion stress scan

We provide this information to help you prepare for your visit to the Nuclear Medicine Department.

Important:

This scan is half of a two part investigation carried out on two separate days.

You will be given an appointment for the second part of your investigation when you attend for the first part.

The investigation will take approximately 3 to 4 hours for each part. It is not possible to give an exact length of time as each individual takes up the injection differently and imaging times are customised accordingly.

Why am I having this test?

Your doctor has requested that you have a myocardial perfusion scan. It is a nuclear medicine test that looks at the blood supply to the muscles of your heart (the myocardium). This test is usually done in two parts.

This part of the test is used to help assess the blood supply to the heart muscle during exercise or 'stress' and can help to indicate areas of poor blood flow (which may cause chest pain) or no blood flow (due to a



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previous heart attack). We can also see how well the heart is working.

Important

Please contact the Nuclear Medicine Department as soon as possible if:

- You are pregnant (or think you may be pregnant)
- You are breastfeeding
- You have any special needs
- You will be using ambulance transport to attend your appointment and your appointment time is later than 12.30pm (so that we can offer you a morning appointment instead)
- Your appointment is not convenient
- You require any further information about your scan

Telephone: 02476 968212

Mon-Fri 08:30am – 5.00pm

Do I need to do anything to prepare for my scan?

Yes. It is very important that you follow the following instructions:

- Please confirm your attendance for this appointment. The attached letter provides instructions on how to confirm your attendance. If you do not confirm by the date specified on the attached letter, your appointment will be cancelled and offered to someone else.
- If you do not want this appointment, please inform us by ringing **02476 967191**.
- It is very important that you do not drink tea, coffee, hot chocolate, carbonated (fizzy) or caffeine-based (including de-cafeinated) drinks for 12 hours before your appointment.
- Do not eat any chocolate products (including ice cream) for 12 hours before your appointment.
- Please drink the same amount of fluids, like water, juice, and milk, as normal
- Please avoid eating a large fatty meal immediately before your test.

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Please take your medication as normal (unless told otherwise) and bring a list of all your current medication to your appointment. Contact us immediately if your medication has changed between making your appointment and attending.

If you are taking medication known as dipyridamole (persantin), asasantin or aminophylline, please contact the department.

It is also important for us to know if you have asthma or COPD and take inhalers, or have had a hospital admission for your asthma/COPD.

What will happen when I come for my appointment?

When you attend for your scan we will need access to your arms and chest, so please wear clothes that allow this, for example a t-shirt.

An injection will be given into your arm to increase the blood flow to your heart. This will be followed by a second injection (through the same needle) of a radioactive tracer which is taken up by your heart muscle. Your ECG and blood pressure will be monitored while these injections are being given.

Approximately 1 hour later we will take some images of your heart. These pictures will take about 20 to 30 minutes.

How much radiation will I receive?

For this scan it is necessary to inject a small amount of radioactive tracer. The small risk from this is outweighed by the information that will be gained by having this scan. A doctor will have checked the request to ensure that this is the appropriate test for you.

What happens when the pictures are taken?

On entering the camera room you may be asked to remove any metal objects you are carrying or wearing. The scans are taken by a special

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machine called a gamma camera. This is not a tunnel, but the camera detectors will come close to you.

You will be asked to lie flat on your back with your arms above your head. The gamma camera will move round your chest taking pictures all the time. You will need to keep still while the pictures are being taken, but you can breathe as normal. This is often followed by a quick X-ray CT scan while you are on the same bed.

A member of staff will be observing you at all times.

What happens after the pictures have been taken?

We will ask you to wait in the Department while your pictures are processed and checked. This will only take a few minutes. A member of staff will come and tell you when you are free to leave.

In some cases it may be necessary for you to have some extra pictures taken before you leave. This will be explained to you at the time. Please note that we are not permitted to discuss your results at the time of your scan.

You should have no after-effects from this examination. After your scan there will be some radioactivity left in your body but this will not present a significant risk to other people around you. However, for the rest of the day, we suggest that you try to keep any time that you spend within arm's length of pregnant individuals, babies and small children as short as possible. However, there is no need to stop giving children essential love and care.

You may eat and drink normally and you are free to drive / travel home on public transport.

Your results

The images obtained will be looked at by specialist staff and a report issued. This report will be sent to the doctor who requested your scan and should be available within 10 days following the completion of both parts.

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Directions and Car Parking

The department is a short walk from the main entrance.

Enter the hospital through the main entrance and turn left onto the West wing. Follow the signs for X-ray down the corridor. X-ray is located on the left hand side next to fracture clinic. Enter X-ray reception and continue ahead, following signs for Nuclear Medicine. The department is located through the double doors, where you will enter into the main reception area of the department.

Hospital car parking is available to all patients and visitors. Spaces are limited so please allow plenty of time to locate a car parking space. A charge is payable and automatic number plate recognition is in operation. Further information including directions, parking charges and site maps are available on the trust website (www.uhcnhs.uk).

Relatives and Escorts

You may wish to bring a friend or relative to accompany you for your investigation. They may be useful if you do not speak English very well or if you have any special needs. Please do not bring children or pregnant individuals with you.

Facilities available in the hospital

- Chilled water dispenser in the department
- Grand Union coffee shop, M&S Food Hall and WHSmith in the main reception foyer
- Three hospital restaurants

More information

All the staff would like to make your visit as pleasant as possible. If you have any concerns please talk to the person looking after you or contact us on 024 7696 8212.

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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.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History	
Department:	Nuclear Medicine
Contact:	28212
Updated:	July 2022
Review:	July 2024
Version:	5
Reference:	HIC/LFT/1770/14