



## **MYOCARDIAL PERFUSION SCAN - 2 DAY STUDY (MIBI, SESTAMIBI OR THALLIUM SCAN)**

This is a 2 part test that is used to evaluate myocardial perfusion (the blood supply to the heart muscle) while resting and after exercise. It requires 2 injections of a radiopharmaceutical.

### **APPOINTMENT DETAILS**

First appointment (resting study) is on \_\_\_\_\_ at \_\_\_\_\_  
Second appointment (stress study) is on \_\_\_\_\_ at \_\_\_\_\_

### **PREPARATION FOR THE TEST**

1. Fast for **3 hours** prior to your test (both days, no food or drink).
2. Wear comfortable clothing (including a separate top and bottom outfit) and bring something to occupy your time as there are considerable waiting periods between each part of the tests.
3. Insulin dependent Diabetics should have a light breakfast on the morning of the test. The morning insulin dose will need to be adjusted, please discuss with your Doctor.

### **1<sup>ST</sup> DAY – REST STUDY**

1. Bring referral, Medicare card, questionnaire, list of medications.
  - a) You will be taken into the injection area where an intravenous catheter (needle) will be inserted into a vein in your arm.
  - b) The radiopharmaceutical will then be injected. A waiting period of 30-60 mins. Will be allowed to ensure adequate distribution of the injection.
  - c) Females will be asked to remove their bra, if wearing one.
  - d) Any metal objects from your chest and neck area are to be removed.
  - e) You may leave your clothing on for the scanning.
  - f) You will be taken through to the camera where you will be required to lie on a scanning table and asked to keep still while your pictures are taken. These pictures will take approximately 30 mins. This is followed by a further period of waiting prior to the commencement of the stress test.



## **2<sup>ND</sup> DAY – STRESS STUDY**

1. 24 hours - Cease **Caffeine** – tea, coffee, decaffs, coke, milo, green tea, herbal tea, chocolate.
2. You may be required to cease some medications before this test. Please find enclosed a list of medications to be ceased. Check with your Doctor to make sure it is safe to do so.

Your heart will be “stressed” using either:

- bicycle exercise or,
- an injection of a short-acting medication, either Dipyridamole (Persantin) or Dobutamine (for asthmatics only).
- Or a combination of exercise and medication.

At the appropriate time during the stress test you will be injected with the radiopharmaceutical. During the stress test your heart will be continuously monitored by a Doctor and a trained assistant. Following the stress test another set of pictures will be taken after a further wait of at least 45 minutes.

## **SIDE EFFECTS/RISKS**

With either stress method there is a small risk of serious complications. The risk of death is about 1 in 10,000 with any stress test. There is also a small risk of other, non-fatal complications such as heart attacks, chest pain, irregular heart rhythms and breathing difficulties.

If Dipyridamole is used some patients experience a mild headache, a flushed sensation or mild shortness of breath. All these minor side effects can be reversed rapidly with an injection of a reversal agent/ “antidote” to the Persantin called Aminophylline.

Dobutamine can cause headache, chest pain and a sensation of the heart thumping. These side effects usually resolve very quickly once the test is finished.

Sestamibi and Tetrafosmin are very safe pharmaceuticals, occasionally patients will experience a metallic taste in the mouth for a short period of time following injection. In clinical trials symptoms such as headache, flushing or rash and very rarely anaphylaxis have been reported.

**PLEASE NOTE :** Once your pictures are completed, they will be analysed. Our Nuclear Medicine Doctor will review them and form a report. Your results will be ready within 2 working days, Special arrangements can be made if a report is required urgently. Please advise us as soon as possible if this is the case. If you have been referred by a Specialist we can send a copy of your report to your GP.

**If you have had this studying the past, please bring these with you to assist the Doctor with your report.**

The Nuclear Medicine Technologists or Nuclear Medicine Doctors will be happy to answer any questions prior to your test.

**Please call 4124 3580 to confirm your appointment the day before your scan.**

*Thank you for choosing Wide Bay Nuclear Medicine.*