


Harefield Hospital

Your nuclear medicine myocardial perfusion scan





This leaflet gives you general information on your nuclear medicine myocardial perfusion scan. It does not replace the need for personal advice from a healthcare professional. Please ask us if you have any questions.

What is nuclear medicine?

A nuclear medicine scan is a special way of taking images of the body. You will be injected with a tracer, which is a substance with a small amount of radioactivity. The tracer highlights the part of the body we are imaging.

About your scan

A myocardial perfusion scan shows how well your heart muscle is being supplied with blood. The scan is carried out in two parts.

During the first part, we will either ask you to walk on a treadmill or use a medicine that has similar effects to exercise on the heart. We will then inject the tracer. Immediately after the injection you should eat something fatty, such as a cheese sandwich, and both a milky drink and a fizzy drink. You can bring the food with you to hospital or buy it from the hospital restaurant.

The fatty meal helps the tracer to flow to the right area so we can take the best possible scan. We will wait about an hour before taking the scan. It usually takes 25 minutes to complete the scan and we will ask you to keep

very still during this time. The second part is done two hours later. We will inject another tracer and ask you to eat another fatty meal. The scan will follow an hour later.

In some cases, we may do these parts in a different order. If this is the case, we will explain it to you in more detail.

How long will the scan take?

If both parts are done on the same day, you will be with us for at least five hours. If we only do one part, you will be with us for at least three hours.

Is there any risk from the radiation?

The amount of radiation used is small and kept to a minimum. We believe that the benefits of having the scan far outweigh any risks. To avoid exposing children unnecessarily to radiation, please do not bring them with you to the department.

Female patients

You should not have this scan if you are pregnant, think you may be pregnant, or are breastfeeding.

Are there any side effects?

The substance we use for your injection will not make you sleepy and it will not stop you from driving a car.

People with diabetes

You do not need to change your diet or treatment. Please bring your insulin and any snacks as needed.

Important points to remember before your scan

- Stop taking these types of medicines 48 hours before your scan:
 - beta-blockers, such as atenolol, bisoprolol and metoprolol
 - theophylline such as Uniphyllin
- Please bring all your medicine with you to the appointment.
- Avoid caffeine for 24 hours before your appointment: this includes tea, coffee, cola, energy drinks, decaffeinated drinks and chocolate. Any drinks that do not contain caffeine are fine. These include: fruit juice, milk or water.
- Also avoid cold or pain relief medicines that contain caffeine.
- You can have a light breakfast such as toast or cereal, but no caffeine.
- Bring with you a fatty meal, such as a cheese sandwich, together with a milky and fizzy drink, for both parts of the scan.
- Wear loose, comfortable clothing, such as trousers and trainers, as we may ask you to do some exercise.



After your scan

You can eat, drink and take your beta-blockers as usual and continue with normal daily activities after your scan. To prevent unnecessary radiation exposure to children and pregnant women, avoid long periods of close contact with them for the first 24 hours after your test.

We will send your results to the hospital consultant who asked for the scan.

Additional information

We scan many people each day in our department. We will always try and keep to your appointment as closely as possible. If you are late or if there is an emergency patient, we may ask you to wait.

Hospital transport

If you need hospital transport to get to us, please ask your GP to arrange this.

How to find us

The nuclear medicine department is in the ANZAC Centre, behind main reception in Harefield Hospital.

Contact us

If you have any questions about your scan or to change your appointment, please call us on **01895 826 514**.

Royal Brompton Hospital
Sydney Street
London
SW3 6NP
Phone: 0330 12 88121

Harefield Hospital
Hill End Road
Harefield
UB9 6JH
Phone: 0330 12 88121

Website: www.rbht.nhs.uk

Royal Brompton and Harefield hospitals are part of Guy's and St Thomas' NHS Foundation Trust

If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call the Patient Advice and Liaison Service (PALS) on 01895 826 572 or email pals@rbht.nhs.uk. This is a confidential service.

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercumesi için tedavi görüyor olduğunuz bölüme basurunuz. Bölüm personeli tercumenin gerçekleşmesini en kısa zamanda ayarlayacaktır.

Date published: January 2023
Review date: January 2026

© Guy's and St Thomas' NHS Foundation Trust