

Appointment information

Name: _____

Date: _____

Time: _____

Important points to remember before your scan

- Stop taking beta-blockers, such as atenolol, bisoprolol and metoprolol, 48 hours before the day of your scan.
- Please bring all your medication with you to the appointment.
- Avoid caffeine for 24 hours before your appointment: this includes tea, coffee, cola, energy drinks, decaffeinated drinks and chocolate. It is OK to drink fruit juice, milk or water.
- You can have a light breakfast such as toast or cereal – but no caffeine.
- Bring a fatty meal, such as a cheese sandwich and milky drink, with you for each part of the test.
- Wear appropriate clothing, such as trousers, as we may ask you to do some exercise during the test.

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 PALS on 01895 826 572 or email pals@rbht.nhs.uk. This is a confidential service.



A lifetime of specialist care

Royal Brompton Hospital
Sydney Street
London
SW3 6NP
tel: 020 7352 8121
textphone: (18001) 020 7352 8121

Harefield Hospital
Hill End Road
Harefield
Middlesex
UB9 6JH
tel: 01895 823 737
textphone: (18001) 01895 823 737

website: www.rbht.nhs.uk

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.

April 2014

© Royal Brompton & Harefield NHS Foundation Trust

Royal Brompton & Harefield **NHS**
NHS Foundation Trust

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 and is carried out in two parts. In some cases, we may do these parts in a different order or on separate days. If this is the case, we will explain it to you in more detail.

During the first part, we will either ask you to walk on a treadmill or use a medication that has similar effects to exercise on the heart. We will then inject the tracer. You should eat and drink something fatty, such as a cheese sandwich and a milky drink, immediately after the injection. 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 or on a separate day. We will inject another tracer and ask you to eat another fatty meal. The scan will follow an hour later.

How long will the scan take?

If both scans 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. Please ask if you have any questions.

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.

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**.