



NUCLEAR MEDICINE DEPARTMENT

STUDY **MYOCARDIAL PERFUSION (Tc99m-Sestamibi)**

A myocardial perfusion scan (cardiac stress test) will help to evaluate how well your heart functions under stress or exercise.

Procedure

The procedure is usually done using 1 day imaging protocol. The procedure will take 5 - 6 hours for completion.

FIRST PART (STRESS)

SPECIAL INSTRUCTIONS / PREPARATION

Do not eat anything at least 4 hours prior to your test.
You may drink water.

If you have Diabetes, eat your normal food and take your diabetic medicine (Insulin or Pills)

If you are taking other medications for high blood pressure or heart disease these should be stopped 24/48 hours prior to the test with the consent of your referring physician.

Inform the technician/ nurse/ doctor if you are asthmatic.

1-EXERCISE MYOCARDIAL PERFUSION TEST PROCEDURE

A small intravenous cannula is placed into an arm vein. You will be exercised on a treadmill (walk/run) with increasing levels of exercise until our nuclear medicine physician (or your cardiologist) stops the exercise or you cannot go further. **Your cooperation in exercising to your maximum ability will help you and your Doctor obtain the very best possible study.**

Just prior to completion of the exercise study, Technetium-99m-sestamibi will be injected through the intravenous line.

The radiation exposure is similar to that of a series of chest x-ray.

You will be monitored throughout the exercise test by a nuclear medicine physician (and/or Cardiologist), nurse and electrical heart tracing (ECG). You will be asked to take some fatty meal after injection (like Bread , Butter & Milk), 50-60 minutes after your injection, you will be taken to the imaging room where you will lie on a bed and a camera will take pictures of your heart during the next 30 minutes. The images will be reviewed with the doctor. Images might be repeated if they were unsatisfactory.

2-PHARMACOLOGIC MYOCARDIAL PERFUSION TEST PROCEDURE

The test procedure is similar to the exercise test except that instead of walking on the treadmill, your heart will be "exercised" with an injection of a medication (Persantine" or "Adenosine) which will chemically stress the heart,

The remainder of the test is similar to the procedure described in the "Exercise Myocardial Perfusion Test Procedure".

There will be 2 hours break after completing the first part. You are not allowed to eat or drink in the break. You may drink water if required.

Second PART (Rest)

Procedure

In the second part you will receive an injection of technetium99m-sestamibi to evaluate your heart during resting conditions. You are then asked to eat some fatty meal after the injection (like Bread, Butter & Milk). Then Images of your heart will be taken 50-60 minutes after this injection. You will lie on the scanning table for about 30 minutes. The doctor will review the images.

After that you are free to go.

Be sure to bring your requisition form with you on your appointment day.

There may be some waiting required as there are multiple studies being performed.

Be assured that our friendly staff members are working hard to serve you promptly.

If you will be unable to attend your appointment or get late then please do inform us in advance as radioactive injections are expensive and can't be used for other patients.

