

A Myocardial Perfusion Scan (Heart Scan) is a test that is done to check the flow of blood to your heart muscle and is used to evaluate coronary artery disease.

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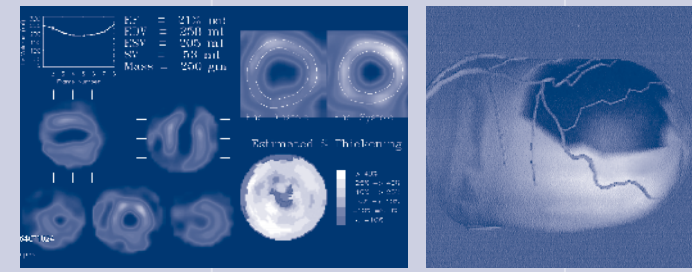
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# Myocardial Perfusion Scan (Heart Scan)

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A Myocardial Perfusion Scan determines whether your heart is receiving enough blood from your coronary arteries. The scan evaluates the blood flow to the heart at both rest and stress and also helps determine the overall function of the heart. The test is commonly performed in patients with suspected angina.

## Preparation

You will need to fast – no food or drink except water for 6 hours prior to the test. **Please do not eat or drink any products containing caffeine for 24 hours before the test.** Comfortable shoes and clothing should be worn so the exercise test can be carried out easily and safely.

Please check with your referring doctor with regard to omitting any of your medications on the day of the test and please let us know if you have diabetes, glaucoma, heart disease, or any other serious illness. If you are or could be pregnant or you are breast feeding please advise our staff. Please bring a list of all medications and supplements you take.

**Please bring any relevant films and your referral to your appointment.**

## When you come for the test

You will be given an injection of Sestamibi by a qualified Nuclear Medicine technologist. There are no side effects from this injection. You will have to wait 20-30 minutes and then you will be asked to lie down on the scanning bed and 'rest' images of your heart will be taken. This will take approximately 15 minutes.

After the images have been taken a registered nurse will ask you a few questions about your medical history and medications. You will then be asked to lie on a bed and you will be connected to an ECG monitor, and a small needle placed in your arm.

Depending on your referral and medical history you will either walk on a treadmill or a drug called Persantin will be given intravenously to 'exercise' your heart. You will be monitored by our physician and registered nurse. It is extremely important that you keep the doctor or nurse informed of how you are feeling, especially if you experience any chest discomfort or shortness of breath during the exercise test.

The Nuclear Medicine physician will give you another injection of Sestamibi through the needle in your arm approximately one minute before you stop exercising. You will have to wait 10-20 minutes before you are asked to lie down on the scanning bed and 'stress' images of your heart will be taken. This will take approximately 15 minutes.

The whole examination usually takes about 2 hours. After the procedure the films will be developed and then reported by a specialist. This may take a further 45-60 minutes so you may prefer to return later for your results. The report and films should then be taken to your own doctor.

Canberra Imaging Group strongly advise that you return to your referring doctor in order for your doctor to discuss your radiology report with you.