

What is a Myocardial Perfusion scan?

Nuclear Medicine scans are imaging tools that use radioactive substances to see specific structures and functions inside the body. A specially designed camera (radiation detector), tracks the path of small amounts of radiation introduced into the body via an injection, in order to obtain information about the functioning of a specific organ (the heart in this case).

A Myocardial Perfusion scan uses this technique to provide information about the blood supply to the heart muscle.

Do I need any preparation?

Before the scan, you are NOT required to fast. It is recommended that you have a light breakfast before attending the department. Please note, this light breakfast must contain NO CAFFEINE. This includes cups of tea. Please read carefully through the list of medication that you may have to stop before this test (attached).

What does the test involve?

ECG leads will be placed on your chest and a blood pressure cuff will be placed on your left arm. An infusion will be given to you into a vein in your arm, which will alter the blood flow to the heart muscle in the same way that exercise does. At the same time, you will be lying on a sloping couch and you may be asked to pedal. You may experience some discomfort, which is part of the test, but you should report any symptoms to the staff.

During this period of exercise, a radioactive tracer is injected, which is taken up by the heart muscle in proportion to the blood supply it has received.

After the exercise, you will need to have plenty to drink and something fatty to eat. You will be asked to return for your scan approximately 45 minutes after the tracer injection.

You will then be required to lie on a couch while three ECG leads are positioned on your chest. The camera will then be placed over your chest and a scan will be performed. This imaging process will take about 20 minutes to complete.

What happens after the scan?

A technologist will check to ensure that a satisfactory scan has been obtained. If you require a scan of the heart at rest, this is normally performed on another day, which will be arranged during your visit. You will be free to leave once this has been confirmed. You may drive home and continue with your normal activities.

The results of the scan will be explained to you at your next appointment at the Out-Patient Clinic, or at the surgery if your GP has referred you.

Will it hurt? Is it uncomfortable?

No, apart from the pinprick of a needle, which will be similar to having a blood test. Also, you do not need to get undressed fully, but in order to attach the ECG electrodes we have to be able to access your chest area. Ladies will be provided with a cape to wear over the ECG leads.

Are there any side effects to the radioactive tracer?

Nuclear Medicine procedures are among the safest of diagnostic imaging tests. The radiation dose received from this scan is equivalent to up to 30 months of background radiation in the UK (and

similar to the dose received from a diagnostic CT scan).

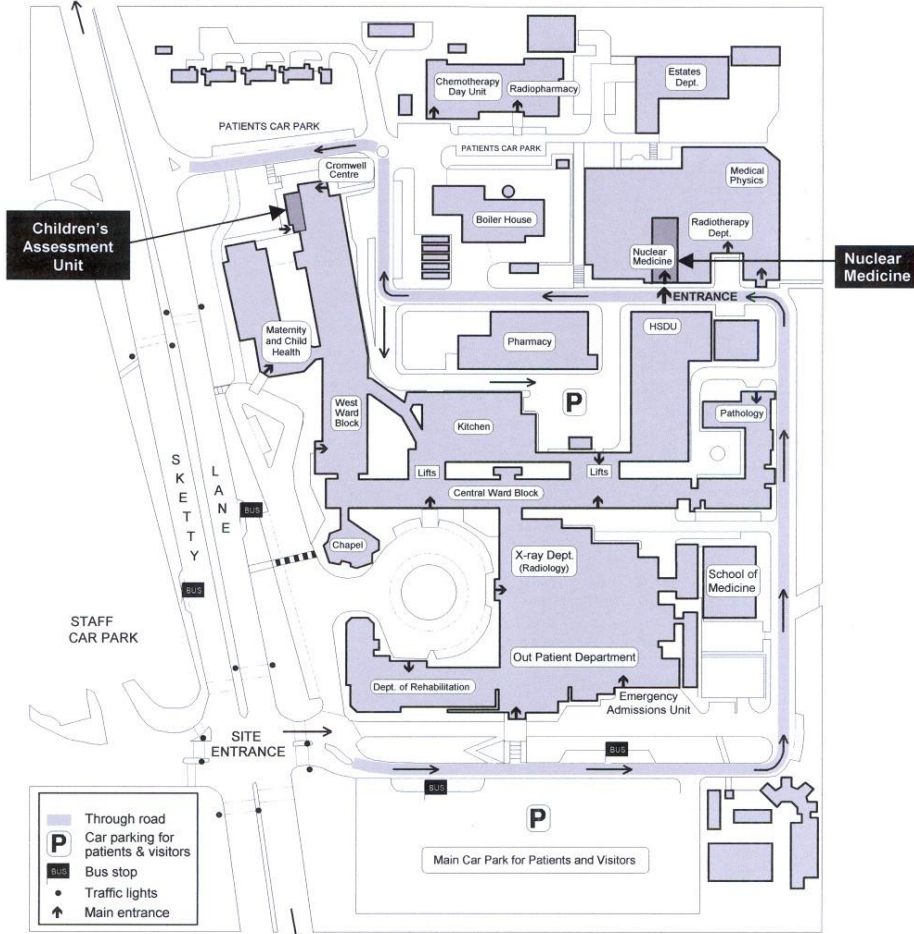
IMPORTANT INSTRUCTIONS

- Please call Nuclear Medicine (01792 285295) to confirm your attendance.
- You may need to stop your medication (including caffeine-containing drugs) in time for your scan. Please check the attached list.
- If you are pregnant, or if you are breast feeding, please contact the department.
- If you are incontinent of urine or on dialysis treatment, please contact the department.
- Please have a light breakfast before attending the department and bring something fatty to eat, such as a cheese or bacon sandwich.
- Ladies are advised to wear trousers and flat shoes.
- Please drink plenty of fluids throughout the day, before and after your appointment.
- After you have had the injection, avoid close contact with young children or pregnant ladies for the next 24 hours.
- Do not give blood or urine samples during the 24 hours following your injection.
- Travelling: some train, air and ferry ports may have sensitive radiation detectors that you may activate after the scan, so carry your appointment letter for 7 days.
- Please report to the Nuclear Medicine reception when you arrive at the department.

Singleton Hospital

SITE PLAN

To Sketty, Morriston, Llanelli, Carmarthen



To Mumbles and Swansea City Centre

Directions from the M4 Motorway

From any of the junctions 42 to 47, follow Swansea City Centre signs initially, then follow directions for the Gower and the Mumbles. Singleton Hospital signs will be evident on the outskirts of the city. Sketty Lane is on the A4216.



SINGLETON HOSPITAL

NUCLEAR MEDICINE

Your Myocardial Perfusion (Heart) Scan Appointment

Please read this leaflet carefully and attend Nuclear Medicine for the appointment shown below

Name

Hospital No

Appointment Details

Date

Time

IMPORTANT
Please telephone
Nuclear Medicine Department (01792) 285295
to confirm your appointment.