

What is a Myocardial Perfusion scan?

Myocardial perfusion scans use a small amount of radioactive substance to create images which show how well your heart is pumping and the flow of blood to your 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.

What does the test involve?

You have been asked to attend for the second part of the Myocardial Perfusion test. This is called a **rest scan**.

Soon after you arrive in the department, a radioactive tracer will be injected into a vein in your arm, which will be taken up by the heart muscle in proportion to the blood supply it has received. You will not be given an infusion nor will you be required to exercise during this part of the test.

After the injection, you will be shown to the nearby tea-bar, where 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 technician will check to ensure that a satisfactory scan has been obtained. 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. This 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.

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 35 months of background radiation in the UK (and similar to the dose received from a diagnostic CT scan).

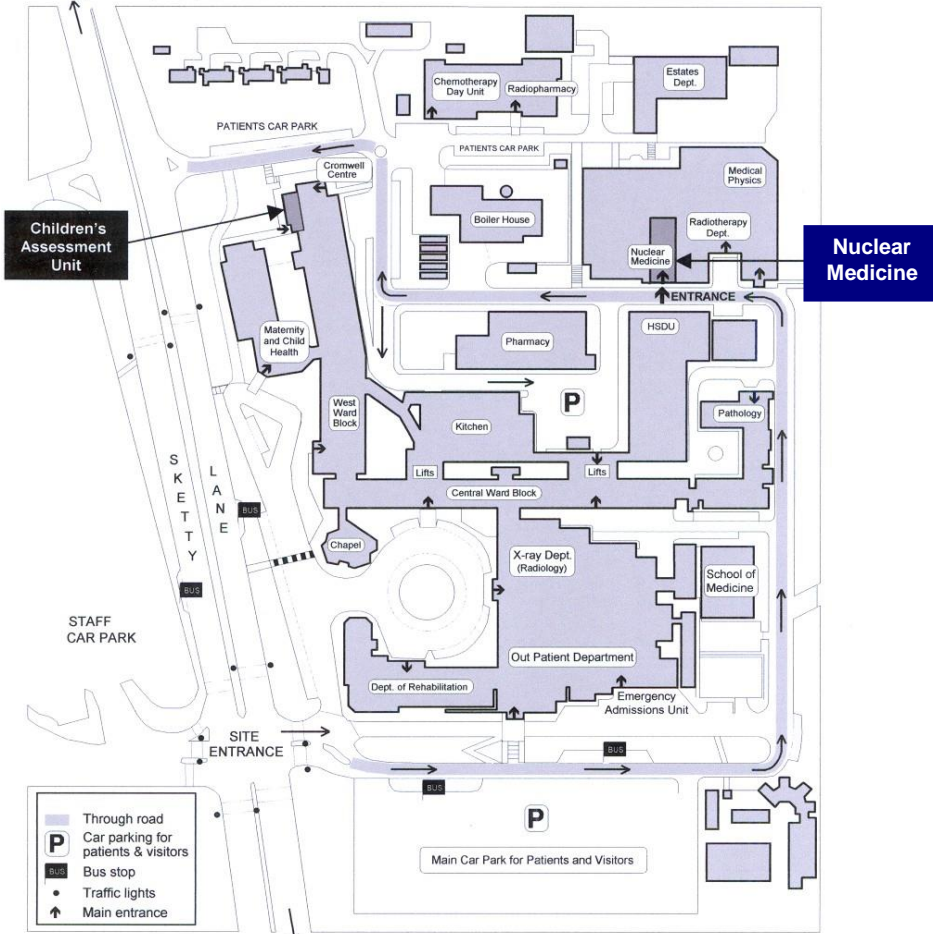
IMPORTANT INSTRUCTIONS

1. Please continue with any medication that has been prescribed to you.
2. Please have a light meal before attending the department. You may drink as normal before attending your appointment.
3. Please bring something fatty to eat, such as a cheese or bacon sandwich.
4. If you are pregnant, or if you are breast feeding, incontinent of urine or on dialysis treatment, please contact the department.
5. Please drink plenty of fluids throughout the day, before and after your appointment.
6. After you have had the injection, please avoid close contact with young children or pregnant ladies for the next 24 hours.
7. 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.
8. Do not give blood or urine samples during the 24 hours following your injection.
9. 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) Rest Scan Appointment

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

Name

Hospital No

Appointment Details

Date

Time

If you are unable to attend this appointment, or if you have any queries, please telephone
(01792) 285295