

Myocardial Perfusion Scan

What is a Myocardial Perfusion Scan?

This is used to assess how well blood is flowing to the heart muscle.

Preparation

No tea, herbal tea, coffee, decaffeinated coffee, hot chocolate, Milo, soft drinks, chocolate or any caffeine for at least twenty four hours (24hrs) prior to the study. You may drink water, juice and plain milk as needed.

You must have a light breakfast on the morning of the test. Diabetics - eat as normal and take your usual diabetic medication. Bring a list of all medications you are currently taking, and refer to the medications listed within this leaflet for specific instructions. Bring some lunch to eat after the test. Wear casual clothing including comfortable covered footwear and refrain from applying talc, perfume or body lotion

Please remember to bring your referral on the day of the test.

Please contact one of our clinics prior to your appointment if:

- you are currently breast feeding,
- you are pregnant, or any possibility of pregnancy exists,
- you are uncertain of withholding medications.

Procedure

This test has 2 parts that will either be preformed on the same day or on separate days. Allow 5 – 6 hours same day or 2.5 – 3 hrs separate days.

- PART 1 – Rest study: You will be injected with a small dose of radioactive material. After 1 hour you will have pictures taken of your heart (around 25 min).
- PART 2 – Stress Test: You will either exercise or receive an injection of a drug to stress the heart. The doctor will monitor your heart with ECG pads. You will be required to remove clothing above the waist for this component of the test and a gown will be supplied. Near the end of this test you will receive another injection of radioactive material. After another hour, pictures similar to the resting study will be taken for comparison.

Be reassured

- You will not feel any different following the injection.
- The radiation dose from the procedure is similar to that of a CT scan of the abdomen.
- The radioactive material disappears rapidly from the body.
- Reactions and side effects from these injections are extremely rare.
- The risk of heart attack or serious event from a stress test or injection of stress drug is only related to the exercise component and is no greater than exercise performed elsewhere. A serious event is very uncommon (1 in 10,000).
- You will be able to continue with your usual daily activities.

Your appointment

The radioactive material for your test is expensive and is perishable. If you are unable to attend your appointment, please notify reception within 24 hours of your appointment to enable your appointment to be reallocated.

The following medications may interfere with the stress test. If you currently take any of these, please check with your doctor that it is safe to cease taking them for the specified time before the test.

Most importantly, only cease the listed medications if your own doctor has agreed.

If you are taking any medications other than those listed, you must continue to take them as normal.

Type 1 - stop the drug for 3 days prior

GENERIC NAME

BRAND NAME

Dipyridamole

Asasantin, Persantin, Persantin + Aspirin

Sildenafil

Viagra

Type 2 - stop the drug for 2 days prior

GENERIC NAME

BRAND NAME

Alprenolol

Aptin

Atenolol

Anselol, Atehexal, Noten, Tenormin, Tensig

Bisoprolol

Bicor

Carvedilol

Dilasig, Dilatrend, Kredex, Vedilol

Esmolol

Brevibloc

Felodipine

Agon, Felodil, Felodur, Plendil, Triasyn

Flecainide

Flecatag, Tambocor

Ivabradine

Coralan

Labetalol

Presolol, Trandate

Lercanidipine

Zanidip, Zan-Extra

Metoprolol

Betaloc, Lopresor, Metohexal, Metolol, Metrol, Minax, Toprol

Nicorandal

Ikorel

Oxprenolol

Corbeton, Trasicor

Pindolol

Barbloc, Visken

Propranolol

Cardinol, Inderal, Deralin

Sotalol

Cardol, Solavert, Sotacor, Sotahexal

Timolol

Blocadren, Casopt, Combigan, Nyogel, Tenopt, Timopotol, Timpilo, Xalacom

Type 3 - stop the drug for 1 day prior

GENERIC NAME

BRAND NAME

Amlodipine

Aml, Caduet, Norvasc, Perivasc, Exforge, Ozlodip

Diltiazem

Auscard Cardizem, Coras, Diltahexal, Dilzem, Vasocardol

Isosorbide Mononitrate

Duride, Imdur, Imtrate SR, Isomonit, Monodur Durules

Isosorbide Dinitrate

Isordil, Sorbidin

Nifedipine

Adalat, Adapine Addos, Adefin, Nidecard, Nifecard, Nifehexal, Nyefax

Nimodipine

Nimotop

Nitrates

Anginine, Transiderm Nitro, Nitrobid patches, Nitrodisc Nitro-dur, Isordil, GTN Patch, Lycinate, Minitran, Nitrolingual Pumpspray, Nitrostat

Perhexiline Maleate

Pexsig

Tadalafil

Cialis

Theophylline

Nuelin, Theo-Dur

Theophyllinate

Brondecon

Vardenafil

Levitra

Verapamil

Anpec, Cordilox, Isoptin, Veracaps, Veradil, Verahexal