



Papworth Hospital
NHS Foundation Trust

Myocardial Perfusion (MIBI) scan

Patient instructions
and information

There are some important instructions in this information leaflet. Please read these carefully at least 24 hours prior to your appointment. Failure to follow the instructions may affect the results of your scan.

Instructions to prepare for the stress test (part one)

Caffeine should be avoided for at least 24 hours before your appointment. It is found in drinks such as tea, coffee, hot chocolate and coke, and in foods such as chocolate biscuits and cakes. Caffeine can also be found in energy drinks and supplements.

Decaffeinated drinks do contain a small amount of caffeine so should also be stopped.

Some cold remedies, such as Lemsip contain caffeine, so please be careful with what you are taking. If in doubt - leave it out.

Have nothing to eat or drink except water for six hours before you attend. This does not apply to diabetics who may have a light meal, for instance toast, in order to take their medication.

Bring a full list of all your current medications with you to the hospital, to be shown to the radiographer conducting your scan.

If you are taking a drug called Dipyridamole or Persantin, please discontinue for at least 24 hours prior to your appointment.

Take all other medicines as per normal before the scan.

If you have any queries about the test, please contact the nuclear medicine department on 01480 364341 between the hours of 14:30 and 16:30 Monday to Friday.

Information about the scan

A myocardial perfusion (MIBI) scan is carried out to investigate the blood supply to the heart. These tests will be carried out before you have your scan.

There are two parts to the investigation, a **rest test** and a **stress test**, which are carried out on separate days.

Part one - stress test

Everyone requiring a MIBI scan must attend for the stress rest. You will be given a drug that mimics the effects of exercise (stress) on the body which may cause you to have similar symptoms to those brought on by exercise. These might include; breathlessness, flushing, or a tight chest. Effects brought on by the stress drug wear off very quickly and the staff will ensure that you have recovered before you leave the stress room. There should be no after effects of the stress drug, however it is quite normal to feel tired following the stress test.

The test is fundamentally safe although in extreme and very rare cases a very small number of patients have been known to experience some reaction to the medication. You will be carefully screened for your suitability to undergo the test and closely monitored throughout.

Following this test, you will be required to have a meal which includes some fat before being scanned. The meal is

not provided. The restaurant facilities at Papworth Hospital are a few minutes walk from the Nuclear Medicine Department, so if you have any mobility problems, it is advisable to bring a packed meal with you.

Examples of the types of food that are suitable are listed below, but bear in mind, this is only a guide, you are free to bring along things that you enjoy.

- Sandwiches containing things like cheese, egg mayonnaise, cold meats, butter etc
- Crisps, quiches, pizzas, pies and sausage rolls
- Biscuits, pastries and cakes
- Full fat yoghurts, puddings and milk

The scan takes less than 20 minutes to complete.

You will not be enclosed or asked to hold your breath.

Part two - rest test

Most, but not all patients require a second appointment. You will be told at the end of your first attendance whether you need to return, and the appointment will be made at that point. The rest test takes approximately two hours in total to complete. A small injection of radioactive tracer dye will be administered while resting. You will then be required to have a fatty meal before being scanned.

What are the risks from the radiation?

On each appointment, a small amount of radioactive tracer (dye) is injected, which allows your heart to be imaged using a gamma camera.

Children are more sensitive to radiation than adults; therefore you should not travel to the nuclear medicine department with pregnant women or with children under the age of 18. For similar reasons, it is also advisable to limit close personal contact with children and pregnant women for a full 24 hours following your visit to the nuclear medicine department.

The radioactive tracer used to perform this scan emits gamma rays, which are similar to X-rays. This radioactivity of the tracer reduces over time and within a few days the level within your body will be negligible. The dose of radiation you will receive from this test is similar to an abdominal CT scan, or to put it in context; is equivalent to a few years background radiation.

When sending any patient for a test using radiation, your doctor will have weighed up the risks of using radiation versus the benefits of the information gained from the results of the test.

After reading this leaflet, if you are still concerned about the possible risks from having this examination, ask your doctor how the information gained will help to improve your treatment. If treatment decisions depend on the findings, then the risk to your health from not having the examination is likely to be much greater than that from the radiation itself.

Smoking

Please be aware that Papworth Hospital NHS Foundation Trust is a no smoking Trust, which applies to the hospital grounds as well as the buildings.

Useful contacts

If you have any questions or would like to know more about this procedure, please telephone the Nuclear Medicine Appointments Office on **01480 364808**, Monday to Friday and we will do our best to help.

Parking

Parking at the hospital is limited, so make sure that you leave plenty of time before your appointment for finding a space. There is a charge for car parking. On each day, the test will require up to two and a half hours to complete.

Travelling to Papworth Hospital NHS Foundation Trust

By air

Stansted Airport is within easy reach of Papworth Hospital NHS Foundation Trust (40 minutes by car or taxi) and has regular scheduled flights to all parts of the UK, Europe and elsewhere.

By rail

Rail users may travel to nearby Cambridge Railway Station (20 minutes by car or taxi), Huntingdon or St. Neots Stations (15 minutes by car or taxi). All are main line stations with regular service connections to London.

By bus

For details of services please contact Whippet Coaches on 01480 463792 or visit www.go-whippet.co.uk or Traveline on 08712002233.

By road

Situated in the small village of Papworth Everard in rural Cambridgeshire and close to the M11 Motorway, Papworth Hospital NHS Foundation Trust can be easily reached from the UK motorway network.

From the M11 northbound:

Leave the motorway at Junction 13 and join the A1303 westwards, continue along this road and join the A428. Once on the A428 continue to the roundabout at the junction with the A1198 and take the third exit onto the A1198 (signposted Papworth Everard). Continue along the A1198 and take the second exit at the next roundabout into the village of Papworth Everard. Shortly after entering the village the entrance to Papworth Hospital NHS Foundation Trust will be seen on the right-hand side.

From the A1/A14 southbound:

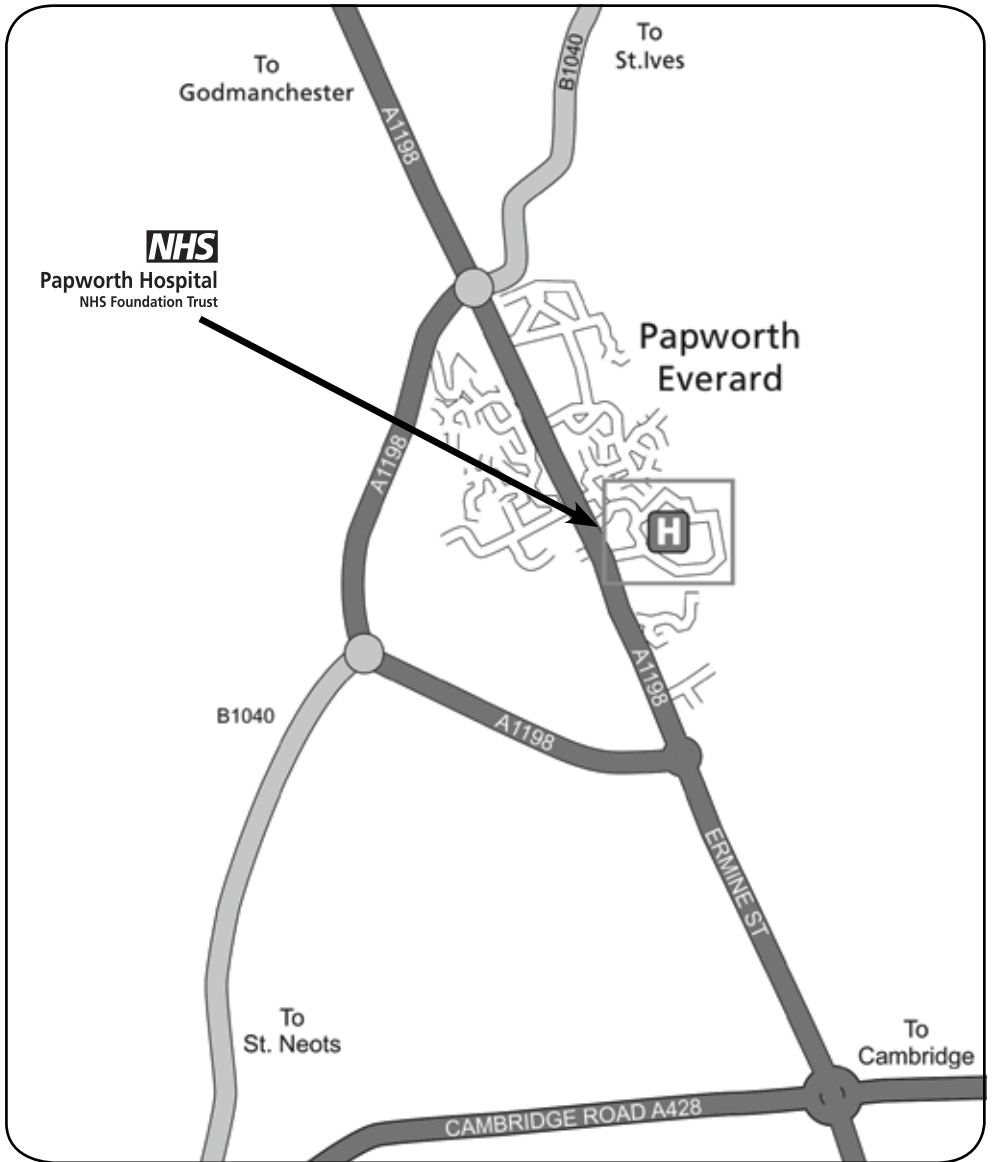
Leave the A14 at the intersection with the A1198 at Godmanchester. Take the third exit from the roundabout onto the A1198 (signposted Royston). Continue along this road for approximately 4.5 miles into the village of Papworth Everard. Continue through the village for 1 mile and the entrance to Papworth Hospital NHS Foundation Trust will be seen on the left-hand side.

From the A14 westwards:

Follow the A14 around Cambridge and follow the signs for Bedford. After passing the slip-road to the M11/A14 (westbound) join the A428 (signposted Bedford). Continue on the A428 for approximately 7.5 miles and at the roundabout at the junction with the A1198 take the third exit onto the A1198 (signposted Papworth Everard). Continue along the A1198 and take the second exit at the next roundabout into the village of Papworth Everard. Shortly after entering the village the entrance to Papworth Hospital NHS Foundation Trust will be seen on the right-hand side.

On arrival

Patients are requested to report to the diagnostic centre reception immediately upon arrival (unless previously advised otherwise).



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www.papworthhospital.nhs.uk

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Large print copies and alternative language versions of this leaflet can be made available on request.