



**Royal Papworth Hospital**  
NHS Foundation Trust

# Myocardial Perfusion scan

Patient instructions  
and information



**Please read the following instructions before your test. Failure to do so may result in us being unable to perform your test.**

1. You must have no caffeine for **24 hours prior** to your test. This means having no tea or coffee (not even decaffeinated or green tea), no chocolate, no fizzy drinks, no "over the counter" headache or cold remedies and no painkillers containing caffeine.
2. Have nothing to eat for six hours prior to your test. This does not apply to diabetics, who may have a light meal (i.e., 1-2 slices of toast) to take their diabetes medication. You may drink **plain water** in the six hours prior to your test, to prevent becoming dehydrated.
3. It is important that we have a full list of your current medications, so please bring this with you. If you cannot bring a list, please bring all your medications in their original packaging.
4. Please take all your medications as normal unless you are advised not to do so. Bring any inhalers you take with you.
5. If you are taking a drug called Dipyridamole or Persantin please discontinue this for 24 hours prior to your appointment.
6. You need to have a high fat meal following the stress test to ensure we get a high quality scan of your heart. You can bring this with you, or alternatively there is a restaurant on the premises you can purchase food from.
7. If you suffer from Claustrophobia, please contact the department **before your appointment.**
8. Please wear separate top and bottoms as you will be required to remove clothing from your top half to apply ECG leads (a gown will be provided). A non wired bra for females is preferable.

You will be slightly radioactive following your appointment. For the purposes of radiation safety, we advise that you not to travel with anyone under the age of 18 and avoid children and pregnant females for 24 hours.

Only a registered carer is allowed to accompany patients into the Nuclear Medicine department. When you attend, your relatives or friends will be asked to wait in the outpatient atrium.

### **Information about the scan**

A Myocardial perfusion test is carried out to assess the blood supply to the heart. There are two parts to the test, a stress test and a rest test. These are carried out on separate days, within two weeks of each other.

### **Part one - stress test**

For the stress test you will be given a drug via a small tube called a cannula through a vein in your arm. This drug simulates the effects of exercise on the heart, which may cause you to experience some mild symptoms such as

breathlessness, hot flushing and chest discomfort. During the test you will be injected with a small amount of radioactivity, which allows us to image the heart one hour later.

Any effects brought on by the drug wear off very quickly and staff will ensure that you are back to normal before you leave the stress room. There should be no after effects of the stress drug, however it is normal to feel tired for one to two days following the test. Following the test you will have one hour to eat your meal and drink any fluids you like. Examples of high fat foods are listed below:

- Crisps, quiche, pizza, pies and sausage rolls
- Samosas, sandwiches with cheese or egg mayonnaise
- Biscuits, pastries, and cakes
- Full fat yogurt, and full fat milk

The scan takes approximately 15 minutes to complete. You will be asked to lie on your back with your arms raised above your head. You will be partially enclosed in the scanner for approximately two minutes at the end of the scan.

### **Part two - rest test**

The rest test is the second part of the Myocardial Perfusion scan. You will be given an appointment for this at the end of your first attendance. The REST test takes approximately two hours to complete. You will again be injected with a small amount of radioactivity, and will have a high fat meal before being scanned an hour later. There are a few occasions where the rest test is not required, but you will be informed of this at your first appointment.

### **What are the risks of the radiation?**

When any patient is referred 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. The level

of risk from the radiation is very small compared with the overall lifetime chance of getting cancer, which is approximately one in two people.

### **Smoking**

Royal Papworth Hospital NHS Foundation Trust is situated on the Cambridge Biomedical Campus which is a no smoking site.

### **Parking**

Parking at the hospital is limited, so we recommend you leave plenty of time before your appointment to find a space. Bring your appointment letter with you as this can be used to validate your carpark ticket, meaning you will get a reduced car parking rate.

# Royal Papworth Hospital NHS Foundation Trust

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