



Myocardial Perfusion Scan

PATIENT INFORMATION

What is a Myocardial Perfusion Scan?

Myocardial perfusion studies are a non-invasive and reproducible procedure to demonstrate blood flow to the heart, or myocardium. A tracer is administered intravenously at rest and after stress. Patients can be stressed using a treadmill or by administration of a pharmaceutical. This gives functional information on areas of the heart which receive reduced blood flow at stress, indicating a significant narrowing to one or more of the coronary arteries.

What will happen during the examination?

A myocardial perfusion scan is a four-part test which will take approximately 3-5 hours. In the first part, you will receive a small injection into a vein (usually in the arm). This injection will not interfere with any medications you may be taking.

The second part of the study will be performed 45 minutes after your initial injection during this time you will be asked to sit quietly and rest. We will then take some images of your heart to see how your heart functions after you have been resting.

The third part involves putting your heart under 'stress'. You will either exercise on a treadmill or receive a medication that simulates exercise by increasing heart rate and blood flow. Another dose of the tracer is given at peak stress.

Finally, after circulation of the tracer, another set of images is taken to compare with the resting images.

Pregnant and/or breastfeeding

This examination is not suitable for pregnant women.

Breastfeeding mothers should contact our department before their appointment to discuss any specific preparation. You will need to express and discard milk but can resume feeding after your appointment.

After the examination

Our radiologist will review and report on your images and we will deliver them electronically to your doctor.

Please note: Important patient preparation over the page



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Preparation

- All caffeine/ decaffeinated products must cease 24 hours prior to study. (No coffee, tea, chocolate, herbal drinks, decaf coffee/tea, energy drinks & cola).
- Please wear a short-sleeved shirt, pants/shorts (no dress or skirt) & joggers to appt.
- Please do not apply any talcum powder, body cream or oils to chest area.
- If male please shave your chest area.
- Fasting for 4 hours (3 hour fast for diabetics).
- Fasting for 4 hours for both days if two-day protocol.
- Please allow 3-5 hours for this scan.
- WE REQUIRE 24 HOURS NOTICE IF YOU ARE UNABLE TO ATTEND YOUR APPOINTMENT TO AVOID A CANCELLATION FEE OF \$250



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