

# **NUCLEAR MEDICINE SECTION**

## **DUBAI HOSPITAL/ DOHMS**

### **INSTRUCTION SHEET/MYOCARDIAL PERFUSION IMAGING**

**Patient name:**

**HCN:**

Your physician has requested a myocardial perfusion scan (cardiac stress test) which will help to evaluate how well your heart functions under stress or exercise.

**Your test will be performed** in the Nuclear Medicine Section (12th floor).

On (date) \_\_\_\_\_ at (time) \_\_\_\_\_

#### **Procedure**

The procedure is usually done using 2 days imaging protocol. Each day will take 4-5 hours depending on receiving your file, availability of gamma cameras and the need for repetition of images.

#### **FIRST DAY (REST)**

##### **SPECIAL INSTRUCTIONS / PREPARATION**

You should fast from midnight.

Do not take your medication in the morning of the test (please bring your medication with so our nuclear medicine physician can review them with you).

Inform the receptionist/nurse/doctor if you are asthmatic.

#### **Procedure**

In the first day you will receive an injection of technetium-99m-sestamibi to evaluate your heart during resting Conditions. Images of your heart will be taken 45-60 minutes after this injection .You will lie on the scanning table for about 30 minutes. The doctor will review the images. He might ask to repeat the images if they were not satisfactory. You might be asked to have food either before or after the first images.

#### **SECOND DAY (STRESS)**

##### **SPECIAL INSTRUCTIONS / PREPARATION**

You should fast from midnight.

Do not take your medication in the morning of the test unless instructed otherwise( please bring you medication with you).

You must not have tea, coffee, chocolates, Pepsi, cola drinks or bananas one day before the test as they will affect the accuracy of your result.

If you are taking dipyridamole (persantine) tablets, you should stop taking it for 48 hours prior to the test.

If you are taking atenolol (tenormin) tablets, you should stop taking it for 24 hours prior to the test.

If you are a male patient, you should shave your chest.

Wear loose clothes and Comfortable walking shoes for the treadmill exercise test.

### **Procedure**

In the second day you will undergo either of the following tests depending on your clinical condition:

#### **1-EXERCISE MYOCARDIAL PERFUSION TEST PROCEDURE**

A small intravenous catheter is placed into an arm vein. You will be exercised at a walk or possible run on a treadmill with increasing levels of exercise until our nuclear medicine physician (or your cardiologist) stops the exercise or you can not go further. **Your cooperation in exercising to your maximum ability will help you and your doctor obtain the very best possible study.** Just prior to completion of the exercise study, technetium-99m-sestamibi will be injected through the intravenous line. The radiation exposure is similar to that of a regular chest x-ray. You will be monitored throughout the exercise test by a nuclear medicine physician (and/or Cardiologist) , nurse and electrical heart tracing (ECG).45-60 minutes after your injection , you will be taken to the imaging room where you will lie on a bed and a camera will take pictures of your heart during the next 30 minutes. The images will be reviewed with he doctor .Images might be repeated if they were unsatisfactory. You might be asked to have food either before or after the first images.

#### **2-PHARMACOLOGIC MYOCARDIAL PERFUSION TEST PROCEDURE**

The test procedure is similar to the exercise test except that instead of walking on the treadmill, your heart will be "exercised" with an injection of a medication which will chemically stress the heart, these could be called persantine or dobutamine. These medications may change depending on your personal medical condition. The remainder of the test is similar to the procedure described in the "Exercise Myocardial Perfusion Test Procedure".

**Be sure to take your requisition form with you to your appointment.**

**Please report to nuclear medicine reception (12<sup>th</sup> floor) 20 minutes before your appointment for registration and payment purposes. Please allow plenty of time for traffic delays.**

**If you are 20 minutes late from your scheduled time, your appointment will be cancelled automatically.**

**There may be some waiting required as there are multiple studies being performed. Be assured that our friendly staff are working hard to serve you promptly.**

**To change/cancel your appointment please call 042195069**