

**BUDERIM**

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Your doctor has referred you to us for a
Myocardial Perfusion Scan
(also known as a MIBI, SESTAMIBI or Thallium Scan)

This is a 2 part test that is used to evaluate myocardial perfusion (the blood supply to the heart muscle) while resting and after exercise. It requires 2 injections of a radiopharmaceutical (Technetium 99m SESTAMIBI or Tetrafosmin) which is taken up by the heart muscle. Side effects from this radiopharmaceutical are *extremely rare*. This test will take *approximately 4 hours*.

Preparation for this test
(THIS IS IMPORTANT INFORMATION)

- 1) Cease tea/coffee/any other caffeine containing beverages 24 hours prior to this test.
- 2) Fast for **3 hours** prior to your appointment time.
- 3) **Insulin dependent Diabetics** should have breakfast on the morning of test. The morning **insulin dose will need to be adjusted** (we recommend it be halved) please discuss with your doctor. Check your morning BSL and bring your glucometer and sugar supplements with you.
- 4) You *may* be required to stop some medication before this test. Please check with *your* doctor as to which medications to cease. As a minimum BetaBlockers and Calcium antagonists should be omitted on the morning of the test, but ideally should be stopped for 48 hrs. **PLEASE BRING A LIST OF ALL OF YOUR CURRENT MEDICATIONS.**
- 5) Wear comfortable clothing (including a separate top and bottom outfit) and bring a book to read as there are considerable waiting periods between each part of the test.



Part 1. The resting study

- 1) You will be taken into the injection area where an intravenous catheter (needle) will be inserted into a vein in your arm.
- 2) The radiopharmaceutical will then be injected. A waiting period of 30-60mins will be allowed to ensure adequate distribution of the injection
- 3) Females will be asked to remove their bra, if wearing one, and any metal objects from your neck and chest area. You may leave your clothing on for the scan.
- 4) You will be taken through to the camera where you will be required to lie on a scanning table and asked to keep still while your pictures are taken. These pictures will take *approximately 30mins*.

Part 2. The stress test

Your heart will be 'stressed' using either -

- bicycle exercise;
- an injection of a short-acting medication, either dipyridamole (persantin) or dobutamine (for asthmatics only); or
- a combination of exercise and medication.

At the appropriate time during the stress test you will be injected with the radiopharmaceutical. During the stress test your heart will be continuously monitored by a doctor and a trained assistant. Following the stress test another set of pictures will be taken after a further wait of at least 45 mins.

Possible Side Effects / Risks

With either stress method there is a small risk of serious complications. The risk of death is about 1 in 10,000 with any stress test. There is also a small risk of other, non-fatal complications such as heart attacks, chest pain, irregular heart rhythms and breathing difficulties.

If **dipyridamole** is used some patients experience a mild headache, a flushed sensation or mild shortness of breath. All these minor side effects can be reversed rapidly with an injection of a reversal agent / "antidote" to the persantin called aminophylline.

Dobutamine can cause headache, chest pain and a sensation of the heart thumping. These side effects usually resolve very quickly once the test is finished.

Sestamibi and Tetrafosmin are very safe pharmaceuticals. Occasionally patients will experience a metallic taste in the mouth for a short period of time following injection. In clinical trials symptoms such as headache, flushing or rash and very rarely anaphylaxis have been reported.



PLEASE NOTE: Once your pictures are completed, they will be analysed. Our Nuclear Medicine Doctor will review them and form a report. Your results will routinely be forwarded to your doctor **within 2 working days**. Special arrangements can be made if a report is required urgently. Please advise us as soon as possible if this is the case. *If you have been referred by a Specialist we can send a copy of your report to your GP.*

If you have had this study in the past, please bring the results with you to assist the doctor with your report.

The Nuclear Medicine Technologists or Nuclear Medicine Doctors will be happy to answer any questions prior to your test.

We look forward to seeing you at our _____ rooms on _____
_____ at _____,
when you will be with us for approximately 4 hours.

(N.B PLEASE CALL 5478 2037 TO CONFIRM YOUR APPOINTMENT THE DAY BEFORE YOUR SCAN (or call Friday for a Monday Appointment)

Thank you for choosing Northcoast Nuclear Medicine.