

# HEART SCAN (MYOCARDIAL PERFUSION IMAGING OR MPI)



Appointment

Date:

Time:

## This test is all about your heart

### Why has your doctor recommended this test?

Myocardial perfusion imaging (MPI) is a relatively non-invasive test that looks at the blood flow to your heart muscle (myocardium) during rest and during exercise (or simulated exercise).

Myocardial perfusion scans are commonly used for the diagnosis of and extent of coronary artery disease (CAD), evaluation of myocardial ischemia vs infarction and assessment of chest pain

You can drive to and from the test if you want to, but you are more than welcome to bring a friend or family member for support. Our offices are clearly signposted with ample onsite parking.



### Before your test

- Some of your medications may need to be stopped - you will be advised by letter which medications to stop. It is important that you take ALL of your other medications as normal in the two days before the test, including the morning of the test, even if you normally take them with food. Only stop the medications that you have been specifically asked to stop. If you have any questions about this, please contact the technologist at least two days before your scan.
- Please avoid using any erectile dysfunction medication (Viagra, Avigra, Cialis, Silvasta) in the 48 hours prior to your scan. If you do, please inform the technologist at the beginning of the test.
- You will need to be fasting (nothing to eat and only small sips of water) from midnight the night before your test. If you are diabetic, please contact the technologist prior to the scan to discuss options.
- You must avoid caffeine (coffee, tea, chocolate, dark sodas) for a minimum 24 hours prior to your study commencing.
- Dress in comfortable clothing appropriate for exercise as you may be asked to walk and/or jog on a treadmill.
- You may bring a snack with you (eg. sandwich or muffin) to eat during the test - you will be advised when it is OK to do so.

Please inform the technologist if you are pregnant, there is a possibility you might be pregnant, or if you are breastfeeding, prior to your scan.

## NZMI Hamilton

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## What happens during the test?

The test is performed over two appointments in the same day.

The first test is the 'rest' appointment:

- 1 This test will take about 1.5 hrs.
- 2 You will be given a small amount of mild radioactive liquid which will be given through a vein in your arm. This does not make you feel any different, and there are no side effects.
- 3 Depending on what your doctor is looking for, you may also be given sublingual nitroglycerine (GTN) spray.
- 4 There is a 45-60 min wait, followed by a ten minute scan. In between this appointment and your next, you are free to leave the clinic, and you will be able to eat lunch. You must still avoid caffeine until the test is completely over.

The second test is the 'exercise' appointment:

- 1 At this test you will either exercise on a treadmill, or be given an infusion of a drug which simulates exercise, depending on your medical history.
- 2 During the exercise or infusion, the small dose of mild radioactive liquid will again be given.
- 3 After another 45-60 minute wait, a ten minute scan of your heart is taken.

Once all the images have been collected, you are free to go. The images will be processed by our technologists and reported by our specialist cardiologist, and the results will be sent back to your referring doctor.



## Should I be worried about the Radiation dose?

There is no need to worry. The radiation dose from this procedure is relatively low and it's similar to what you would be exposed to in a standard x-ray.

However if you are worried or have any concerns, please share them with any of our staff, they're there to help.

## After the scan

We'll ask you to wait in the waiting room while we make sure we have everything we need. This only takes a few moments and once done we'll let you know so you can go home or back to work.

We'll then have our specialist reviewers analyse your results and they will report back to your doctor within 1-2 days of doing the test.

If you have any questions at all, let us know.

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