

Having a scan of your heart while exercising (myocardial perfusion treadmill scan)

Nuclear Medicine

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Information for Patients

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What is a myocardial perfusion treadmill scan?

This is a safe and simple procedure that uses a small amount of radioactivity. This is to see how well the blood goes to the muscle of the heart whilst the heart is exercising.

If you cannot attend your appointment, please call 0116 258 3850 3 days before

- **to rearrange the appointment**
- **so that we can try to offer your appointment to someone else.**

Glenfield hospital – Please use the East Entrance.

You must tell us if you are;

- pregnant, think you may be pregnant, or have just missed a period.
- breastfeeding. This is because radioactive substances can come out in breast milk and you may be advised to stop breastfeeding for a short time.
- having any **problems holding your pee** (incontinence). This is because your pee (urine) will have radioactive materials, and you may need extra guidance as a result.
- having problems with your memory or learning difficulties.
- In need of an interpreter (please tell us at least 3 days before your appointment).
- arriving by **ambulance** please contact Department as soon as possible.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How do I prepare for the scan?

- Please do not eat or drink anything at all for 4 hours before your appointment.

If you have diabetes please continue to eat and drink as normal.

- You will need to stop taking your Beta-blocker medication for 48 hours before the test. If you start to feel unwell please continue to take your medication as you would do normally. Contact the information line telephone number as soon as possible because we may need to change the type of test we give you.
- Please bring a list of your current medication and any sprays or inhalers that you are taking with you to the appointment.
- Please wear comfortable walking shoes and loose fitting clothes for this appointment. It is best not to wear a dress. A loose fitting, short sleeved shirt or blouse is the best option.
- If you usually use a walking aid please tell us immediately.

What happens during the scan?

- We will weigh you and ask some questions. We will explain the procedure and you can ask any questions.
- A trained member of staff will use a needle to insert a small plastic tube (cannula) into a vein in your arm.
- You will then be taken down to the **treadmill room** to have your exercise test. Your heart will be monitored as you are walking on the treadmill. When your heart is beating fast enough we will give you the radioactive injection through the cannula already in your arm. You will then need to wait at least 60 minutes before we scan you. You will be able to leave the Department during this time.
- We use a **gamma camera** to take pictures. You will sit on a chair with the camera (an L-shaped box) around your left side. Your left arm will sit on top of this camera to about shoulder height. Please let us know if you are not able to raise your left arm before attending your appointment. We will take 2 pictures, 1 sat upright, and then with the chair laying back (reclined) -you will not have to lie completely flat. You will be attached to a heart monitor so that we can take the pictures in time with your heart.
- The **technologist** operating the **gamma camera** will be sit in the room throughout the scan. The whole procedure usually takes between 3 to 4 hours. The time will vary for each patient.

Is there a second appointment?

Your 1st appointment is for a stress **myocardial perfusion scan**, (treadmill exercise scan)

Most patients will also need a resting myocardial perfusion scan at another appointment. This does not mean that there is anything wrong with the first scan. The **resting scan** involves a radioactive injection while you are sitting down and a scan an hour afterwards.

The second part of the test will need to be done within 3 weeks of the first. You will need to allow 2 to 3 hours for this test. This appointment will normally be arranged on the same day before you leave.

What happens after the scan?

You will be mildly radioactive after you have had your injection for the next 24 hours. To minimise any risk to you and your friends we ask you to:

- Drink plenty of extra fluids
- Flush the toilet well after use (men should sit down when going for a pee).
- Wash your hands thoroughly each time you use the toilet.
- Do not spend too much time (more than 30 minutes) with anyone who is or maybe pregnant, small children and babies.
- You can usually go back to work without any problem. Please ask staff for advice if you work with radiation or in the photographic industry.

Are there any risks?

It is very unlikely that you will have any side effects from the radioactive injection. There is a small risk associated with the radiation you get by having this scan.

Ionising radiation can cause cell damage that may, after many years or decades, turn cancerous. We are all at risk of developing cancer during our lifetime. The normal risk is that this will happen to about 50% of people at some point in their life.

The dose of radiation you will get from this test is very small. It is the same dose you would get from the environment in about 2.8 years. Having this test will therefore add only a very small chance of this happening to you. In fact, the risks from missing a serious disorder by not having this test may be much higher.

How will I get my results?

Your scan will be looked at by a **radiologist** and the results passed on to your **consultant**. The results will then be discussed with you at your next **outpatient appointment**.

Useful information

You may wish to bring a relative or friend with you. Due to the nature of the examination, friends and relatives will not be allowed into the room during the procedure, unless we need their assistance.

Please **do not bring** children with you to your appointment. Pregnant women and toddlers are at a greater risk to radiation than adults. Please do not bring them into the Nuclear Medicine Department unless they are coming for a scan.

If you need hospital transport, please see our website <https://www.leicesterhospitals.nhs.uk>, or call TASL on 0345 241 3012 at least 3 days before your appointment.

Further information

For specific information about your test, please contact (answering machine checked during office hours)

Leicester Royal Infirmary: 0116 258 5627

Glenfield Hospital: 0116 258 3850

Leicester Radiopharmacy Service: 0116 258 5579

If you have a question about your medical condition please contact your GP or the doctor who made your referral.

Useful websites

www.bnms.org.uk

www.radiologyinfo.org

www.patient.co.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk