

About Myocardial Perfusion Scan (Heart Scan)



IH-III-56
R.D. 11/03
Pg. 1 of 2

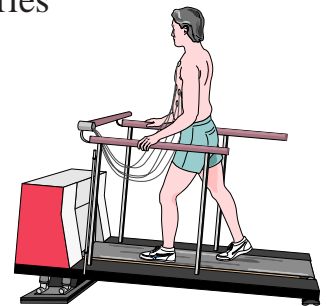
Cardiovascular Services

What is a Myocardial Perfusion Scan (Heart Scan)?

A myocardial perfusion scan (heart scan) is a test that is done to check the flow of blood to your heart muscle.

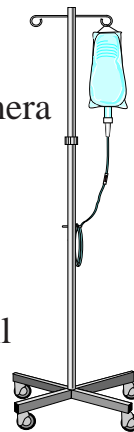
Blood vessels called coronary arteries bring blood to your heart muscle. If these arteries become partly blocked or narrowed by fat, such as cholesterol, the heart muscle may not get enough blood to work properly. This narrowing of coronary arteries is called coronary artery disease (CAD) or atherosclerosis.

As CAD gets worse, the heart muscle may not get enough blood when it has to work extra hard (for example, when you exercise). When this happens, you may feel chest pain called angina pectoris. There may be no outward signs of the disease. The heart scan will show if you have coronary artery disease (CAD).



How is the test performed?

- A specially trained Nuclear Medicine Technologist will start an IV in your arm.
- A radioactive liquid will be given to you through your IV when you are resting. Then a special camera will take pictures of your heart.
- Soon after these pictures are made, you will take a stress test. Either you will exercise on a treadmill machine or you will be given a medicine which will make your heart work harder. During the stress test, you will be given more of the radioactive liquid so that the camera can take pictures of your heart at work.



(over)

- These two sets of pictures will show the blood flow to your heart muscle at rest and when it is working hard. Now your doctor can compare them.
- This test may take up to 6 hours.

What should I do before the test?

The day before the test:

- **No caffeine** (this includes: coffee, tea, chocolate, soft drinks or any medicine which has caffeine).
- **No decaffeinated drinks** because many still contain caffeine.

The day of the test:

- **Do not take diabetes medicines before this test.**
- **Take all other medicine** as usual before you come for the test.
- **Bring** all your medicines (prescription and non-prescription) with you.
- **No food or drink, except for water, after midnight the day before the test.**

What should I wear?

- Wear comfortable pants or shorts and rubber soled walking shoes.
- Women should wear bras.
- Do not use powder, cream or lotion on your body.

How do I get the results of the test?

- A Cardiologist (heart doctor) will check your test and send the results to your doctor.
- If you are a clinic patient, your doctor will tell you the results at your next visit.