MYOCARDIAL PERFUSION
(SESTAMIBI) SCAN.

WHAT IS A SESTAMIBI SCAN AND WHY AM I HAVING IT?
A Myocardial Perfusion Scan (also known as a Sestamibi Scan) is a test to examine the blood supply to the heart muscle (Myocardium). It is used to diagnose and assess the severity of problems of blood supply to the heart (eg. Blocked arteries).

HOW IS THE SESTAMIBI SCAN DONE?
When you arrive in the Department a Doctor or Nurse will discuss the test with you, and place a small cannula into a vein in your arm. A small injection of a radiotracer (Sestamibi) is given through the cannula. After 45 minutes, pictures of the resting blood supply to the heart will be taken with a special camera. This takes about 20 minutes, and during the pictures you must stay very still and breathe normally: if there is any movement in the pictures, they will have to be repeated.

Later, a stress test is performed. This will be done either by your walking on a treadmill, or by using a medication injected through the cannula. Just before the end of the stress test, a second dose of the radioactive tracer (Sestamibi) will be injected into the cannula. After 45 minutes, a second set of pictures (of the maximum blood supply of the heart) will be taken by the special camera. Once again, this takes about 20 minutes, and during the pictures you must stay very still and breathe normally.

The entire test takes about 5-6 hours if done in 1 day, or 2 appointments of 3 hours if done over 2 days.

ARE THERE ANY SIDE EFFECTS?
The radioactive tracer injection has no side effects, and will not make you feel different. The injection has no side effects and is not related to X-ray contrast injections. There is a small dose of radiation from the injection, similar to the dose of radiation you would receive from a back X-ray. As the injection will not make you feel different, you may drive after the scan if you wish.

The stress test is also very safe, and serious side effects are very rare (approximately 1:5,000). You will be carefully monitored by a Nurse and a Doctor throughout the stress test.

HOW DO I PREPARE FOR MY SCAN?
- **INSULIN DIABETIC PATIENTS ONLY**: Take your morning Insulin with your usual breakfast at least 4 hours prior to the test. Then do not have anything else to eat before your test. You may drink plain water only during the fasting period, and you may take all other medications.
- **DIABETIC PATIENTS ON TABLETS**: Fast for 4 hours prior to the test, and do not take your diabetic tablets on the morning of the test. You may drink plain water only during the fasting period, and you may take all other medications.
- **NON-DIABETIC PATIENTS**: Fast for 6 hours prior to the test. You may drink plain water only during the fasting period, and you may take all of your normal medications.
- **FOR ALL PATIENTS**:
  1. DO NOT have any foods, drinks or medications containing Caffeine for at least 24 hours before the test. This includes tea, coffee, cola and chocolate.
  2. Wear light, comfortable clothing.
  3. Bring or wear shoes suitable for brisk walking, such as joggers.

SHOULD I TAKE MY NORMAL MEDICATIONS?
In most cases, yes. If you take heart and/or blood pressure medication, you must ask your Doctor if you need to stop taking any of them before your test.

CAN I EAT AND DRINK ON THE DAY OF MY TEST?
Please see the section on preparing for your scan.
WHAT SHOULD I BRING FOR MY SCAN?
Please bring your referral letter, Medicare Card, your past Sestamibi Scans, X-rays, CT scans, MRI Scans and Ultrasounds.

WHAT IF I AM PREGNANT OR BREAST-FEEDING?
Usually the test is not performed on pregnant or breast-feeding women. If you are pregnant, think you might be or are unsure, please notify the staff prior to the start of the test.

CAN I TAKE THE RESULTS WITH ME?
Before you leave the Department, a Doctor will check the scan and you will be asked to wait while this occurs. As there are a lot of images to process, normally the results are prepared after you have left the Department and are posted to your Doctor within 24 hours (they should arrive within a few days). If the results are required for an appointment before this time, please notify staff and a result may be able to be given to you 1 hour after the test is done.

WHERE DO I GO FOR SESTAMIBI SCAN?
Department of Nuclear Medicine & PET, Liverpool Hospital.
Level G, Building No 021, New Clinical Services Building.