

*Better
Together*

Patient information

Heart scan (with stress and rest)

Department of Nuclear Medicine

What is a heart scan? (with stress and rest)

A heart scan is a simple imaging test which lets us look at the blood flow to your heart muscle. This involves an injection of a small amount of radioactive solution into a vein in your arm, followed by pictures taken with a special camera called a Gamma camera. This scan is performed in two parts on two separate days.

What are the benefits of having a heart scan?

This test will give your doctor information about the blood flow to your heart muscle. This examination is important in the accurate diagnosis of your condition so that you can receive the correct treatment.

What are the risks of this procedure?

The first part of the scan involves “exercising” your heart. There is less than a 1 in 9000 chance of having a heart attack due to this “exercising”, which are better odds than travelling by road.

People often worry about tests or treatments that involve the use of radio-active materials. We tend to forget that we are all exposed to background radiation every day.

Please remember that the amount of extra radiation from your test is small. The benefit to you of providing your doctor with useful information about your health far outweighs any risk related to this radiation.

Are there any alternative diagnostic tests available?

While there may be alternative diagnostic tests, your doctor has considered your particular case and has decided that this is the most appropriate test at this time.

What will happen if I decide not to have this test?

It is your decision whether or not to proceed with the scan. However if you do not your doctor may not be able to find out what is wrong and may not be able to plan the appropriate treatment for you.

Female patients

Where possible, we try to avoid using radioactive materials in patients who are, or may be pregnant. Therefore, please contact the department on Tel: 0151 706 4464 if you are:

- pregnant
- you are breastfeeding
- you think you could be pregnant
- your appointment is more than ten days from the start of your last period.

If you are worried and have any questions, please speak to your doctor or a member of their team.

Getting ready for your heart scan

For day one (stress)

- Please do not drink tea, coffee (including decaffeinated), cocoa, cola or other caffeine-based drinks for 24 hours before your scan.
- You may drink water and have a light breakfast (cereal or a slice of toast).
- Please do not smoke from 12.00 midnight the night before your scan.

- If you are taking insulin, please contact the department on Tel: 0151 706 4476 for further instructions.
- If you are taking Dipyridamole (Persantin) please phone the department to discuss this
- Please bring all your current medication with you when you come to the department for your scan.
- Please wear a front opening shirt or blouse. Ladies please bring a fleece or cardigan to both appointments.

For day two (rest)

Please do not have anything to eat or drink for six hours before your scan.

Your heart scan

Day one (stress)

- A plastic tube (called a venflon) will be put into one of the veins in your arm.
- You will undergo this test sitting in a semi-reclining position. You may be asked to pedal slowly during the test.
- You will be given medication by an injection into a vein in your arm. This medication makes you feel as if you are exercising, even though you are sitting down.
- A radioactive liquid will be given to you by an injection into a vein in your arm.
- Approximately one hour later, the Gamma camera will take pictures.

Day two (rest)

- A radioactive liquid will be given to you by an injection into a vein in your arm.
- As before, approximately 1 hour later the Gamma camera will take pictures.

After your scan

You should carry this letter with you if you are travelling through train stations, airports and seaports. These areas may have very sensitive radiation detectors in place that can detect extremely small quantities of radiation.

It is just possible that, until the radioactivity from this test has completely left your body, you may trigger one of these detectors. In the unlikely event that this occurs, there is no reason to be concerned.

Customs officials who operate these types of detectors are experienced in understanding what the detector has picked up, and after asking you a few simple questions and conducting a brief non-intrusive examination with a hand held detector, will let you pass on your way as soon as possible.

Different countries have different procedures and some may wish to see your appointment letter as part of this process. If you are planning to travel in the next four months it is recommended that you carry this letter with you.

Results

Your results will be available at your next clinic appointment.

Cancellations

If you are unable to keep this appointment, please let us know as soon as possible and we will arrange another for you.

Facilities in the department

- We have a comfortable waiting room with T.V. and a ward with beds and reclining chairs for patients who need them.
- Lunch and refreshments will be provided for you at appropriate times.

The Nuclear Medicine Team

The Nuclear Medicine Department is staffed by specialist personnel who are trained and experienced in diagnostic and therapeutic procedures using radioactive materials. The doctors are specialists in the field of Nuclear Medicine; highly trained physicists and radiographers produce the pictures and computer measurements; skilled nurses will care for you during your stay and, of course, efficient medical secretaries ensure that your results get to the right place in good time.

The Gamma camera

- This is a special camera, which allows us to take pictures of the radioactivity in your body. The camera will be linked to a computer to enable us to make measurements as well as take pictures.
- The camera may either be stationary or may move around you while the pictures are being taken. A member of staff will be in the camera room with you.

Location

The Royal Liverpool University Hospital is situated on the edge of the city centre. Please come directly to the Department of Nuclear Medicine, which is situated on the ground floor and is clearly sign-posted from each entrance.

Transport

The Royal Liverpool Hospital is well served by public transport. Patients and visitors who are able to do so may wish to consider using public transport. For details of routes, services and times please contact the Merseytravel line on Tel: 0151 236 7676.

Parking for patients and visitors is available at the Q-park multi-storey car park. It is located almost opposite the main hospital entrance. The entrance by car is on Epworth Street off Erskine Street.

The car park is open 24 hours a day seven days a week.

Please take your ticket with you when you leave your car. Payment is made when you return to your car at the machines within the car park. Your ticket is inserted into the exit barrier as you leave the car park. The car park is continually monitored by parking hosts and CCTV.

There are ten spaces for the disabled on the entry level of the car park. If you need help, please speak with the parking hosts at the car park entrance.

If you normally require an ambulance when you attend hospital please contact the department as soon as possible.

Further information

If you have any further questions, or require further information, please contact:

Department of Nuclear Medicine

Tel: 0151 706 4464

Text phone number: 18001 0151 706 4464

Author: Nuclear Medicine

Review date: December 2013

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعة الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونيا.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 (Moon) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص گوران، مون و بصورت روی خطی موجود است.

زانیاری پيونددار بهو نمخوشانهی له‌لایمن تراستهوه پاسهند گراون، نه‌گمر داوا بکریت له فور ماته‌کاتی تردا بریتی له زمانه‌کاتی تر، نیز ی رید (هاسان خویندندهوه)، چایی گموره، شریتی دهنگ، هیلای موون و نمیکتر و نیککی هیه.

所有經信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字體、音頻、盲文、穆恩体 (Moon) 盲文和电子格式，敬請索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.