



JABATAN PERUBATAN NUKLEAR
INSTITUT KANSER NEGARA
Pusat Pentadbiran Kerajaan Persekutuan
Presint 7
62250, Putrajaya

IKN/NUC/004

TEL NO : 03-88925406
: 03-88925555 (ext: 3118)
FAX NO : 03-88925602/5603
EMAIL : nucmed@nci.gov.my

MYOCARDIAL PERFUSION STUDY - PATIENT INFORMATION / INSTRUCTION

ATTENTION: RADIOISOTOPE STUDY IS CONTRAINDICATED IN PREGNANT WOMAN

A. What is Myocardial Perfusion Imaging?

This scan is carried out for the patient to accurately determine the adequacy of blood flow (i.e. oxygen supply) to the heart tissue.

There are two types of tests done which are Stress Test and Rest Test. The tests will be carried out on different days.

B. Stress Test

You will exercise on a treadmill.

If you are unable to exercise, you will be injected with a medication which will cause changes in blood flow to the heart similar to actual physical exercise.

Next, a small amount of radioactive substance will be injected into your bloodstream and the scan will be carried out after 1 hour.

C. Rest Test

You will be injected with a small amount of radioactive substance.

It is recommended that you eat some oily food such as fried rice, roti canai or milk. The scan will be carried out 1 hour after the injection.

D. Test Result

The scans will be interpreted by the Nuclear Medicine Doctor. The report will be sent to the referring doctor.

E. Radiation Exposure

The level of radioactivity used is extremely low compared to X-ray or CT scan. You need not worry about the side effects because a minimal dose is given.

F. Medication to be stopped before the scan

a.		for		days	d.		for		days
b.		for		days	e.		for		days
c.		for		days	f.		for		days

G. Medications that need your attention are as follows:

- Theophylline (*Neulin*)
- Dipyridamole (*Persantin*)
- Aspirin
- Beta blockers (eg: *Metoprolol, Atenolol*)
- Calcium-channel blockers (eg: *Nifedipine, Amlodipine, Diltiazem*)

H. Medications that need to BE STOPPED on the morning of the scan

- Isorbide Mononitrate, Isorbide Dinitrate,
- Pentaerythritol Tetranitrate, Glyceryl Trinitrate (except for emergency), Nitrates in Transdermal Patches.

I. Things to remember 1 day before test

- You need to fast after 12 midnight on the day before the scan is carried out.
- Continue to take anti-hypertensive medication in the morning as instructed.
- Do not drink tea, coffee, nescafe, chocolate or carbonated drinks (i.e. caffeinated drinks) before the appointment day. Plain drinking water is allowed freely.
- Bring all your medications on the scan day.
- Wear a suitable outfit for the exercise on the treadmill.
- Make sure you bring someone with you on the scan day.
- Do not bring children and pregnant women during the scan to avoid being exposed to radiation.
- It is recommended that you bring oily food such as fried rice, roti canai or milk on the day of the scan.

If you are not able to come on the day, please inform Jabatan Perubatan Nuklear immediately to get a new appointment date.

***KINDLY READ THE FOLLOWING NOTICE:**

Please be punctual for your appointment. Any delay past 11am will result in your appointment being postponed and a new appointment will be given.

Attention to all patients' attending a scan/clinic appointment:

Kindly contact Nuclear Medicine Clinic, National Cancer Institute at 03-88925406 or 03-8892555 (ext 3118) to confirm your date of appointment and to avoid any difficulties **2 DAYS PRIOR** to the appointment date.