

What is the purpose of the Heart Scan?

Myocardial Perfusion Imaging is performed to detect Coronary Artery Disease (CAD). CAD is caused by inadequate blood supply to the heart, usually caused by blocked arteries.

What is a Myocardial Perfusion Imaging (MPI) exam?

MPI is usually done in Nuclear Medicine Departments or Cardiac Clinics. They may perform the test on an outpatient or inpatient basis. The test involves an injection of a small amount of radiopharmaceutical, which circulates in the bloodstream and shows if your heart muscle is receiving adequate blood supply under stress and rest conditions.

How safe is a MPI exam?

Any procedure may have some risks, and you should consult with your physician regarding the risks and benefits of this procedure. The MPI radiopharmaceuticals have been shown to be safe, with a low incidence of adverse reactions. This test and these materials are used routinely worldwide, under physician supervision, for MPI.

Why would my doctor order a MPI exam?

Under certain circumstances, a regular stress test may yield indeterminate results. To improve the diagnostic accuracy, your physician may request a MPI exam.

How is the test performed?

The test consists of two parts: stress and rest imaging, both involving the injection of a radiopharmaceutical and taking pictures of the heart. There are a number of variations to performing the test. You will be informed which portion will be done first, according to the clinic's protocol.

ECG electrodes will be attached to your chest to monitor your heart rate before, during, and after exercise. At the same time a blood pressure cuff will be placed on your arm to monitor your blood pressure. Additionally, an intravenous (I.V.) line will be placed in your arm or your hand to inject a small amount of the MPI radiopharmaceutical.

Exercise is usually performed on a treadmill. At your peak exercise, the radiopharmaceutical will be injected and you will continue exercising for an additional one to two minutes.

At least 15 minutes after exercise, you will lie down on a bed while a Gamma camera takes pictures of your heart.

Pictures will also be taken after the rest injection.

What if I am unable to exercise?

Some people, because of a variety of limitations, are unable to exercise adequately on a treadmill to achieve a diagnostic test result. In this situation, similar results can be achieved using a drug called Dipyridamole (Persantine).

What does Dipyridamole do?

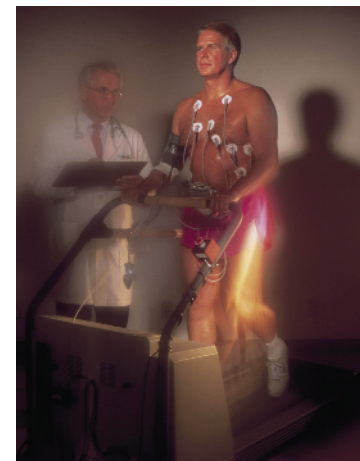
Dipyridamole is a drug that dilates the blood vessels of the heart, allowing for a greater blood flow. This mimics the effects of exercise.

What is the difference between Dipyridamole and an exercise test?

Dipyridamole will be injected through the I.V. in your arm over several minutes. This is followed by a radiopharmaceutical injection. You will be lying on a bed instead of running on a treadmill. The rest of the exam setup remains the same.

Are there any risks from Dipyridamole?

Similarly to the exercise test, any procedure may have some risks, and you should consult your physician about the risks and benefits of this procedure. Someone should accompany you if you are having a Dipyridamole stress test, as you may feel too tired to drive yourself home. You should discuss any other potential side effects of Dipyridamole with your physician.



Special instructions for the MPI exam

Clothing

You should wear comfortable shoes and loose-fitting clothing to exercise.

Food

You may be instructed to fast or to have a light breakfast and avoid certain foods such as milk products or caffeine-containing beverages. If you are diabetic or insulin-dependent, consult your doctor on dietary restrictions and insulin use.

Medications

Consult your physician whether you should avoid certain medications before the test. Some medications may interfere with the effectiveness of the exam.

Smoking

You should not smoke prior to the exam, as smoking may interfere with the effectiveness of the exam.

This information is not a substitute for an informed discussion between you and your physician.

Consult your physician if you need more information on this procedure and pharmaceuticals listed in this pamphlet.

YOUR EXAM WILL TAKE PLACE:

LOCATION: _____

DATE: _____

TIME: _____

PHONE: _____

RETURN TIME: _____

INSTRUCTIONS: _____

If you require further information about your exam or wish to change your appointment, please call the imaging clinic.

This information has been provided by GE Healthcare.

www.gehealthcare.com



imagination at work

A Patient's Guide to Myocardial Perfusion Imaging

