

Myocardial scintigraphy during rest and exertion

A cardiac examination will be performed on you shortly, during which information about the blood flow of the heart muscle will be acquired. This examination will take place on two different days. On day 1, the examination at rest will take place and on day 2, the examination during exertion. In some instances, days 1 and 2 will be switched. If this is the case for you, you will be promptly notified of it.

If you are pregnant (or suspect that you are) or breastfeeding, please tell your treating physician.

Your treating physician may request that you stop taking certain medications.

Day 1, examination at rest

Preparation

- You may eat normally the night before the examination.
- You may have a light breakfast up to four hours before the examination (rusk or cracker with a sweet topping).
- You can take your medicine as usual, if this applies.
- We ask that you bring a list of your medications with you.
- Drinking water is permitted right up until the examination.
- You should bring something fatty to eat (bread with cheese/liverwurst/peanut butter or a snack) from home with you or buy it at the hospital. You can eat this after the injection. This empties the gall bladder so it has no disruptive effect during the scan.

Examination

On the day of the examination, report to Radiology at the scheduled time.

- You will receive an injection of a slightly radioactive liquid. This liquid has no side effects and exits the body within 24 hours.
- The radioactive material needs a minimum of one hour to take effect. While waiting, you will be given chocolate and you must drink 4 cups of fluids. This can be anything, e.g. water, coffee, tea or juice. We would prefer that you also eat something fatty while waiting. This is to make the heart more visible in the photographs.
- The photographs are taken while you lie on a narrow bed. The camera rotates around you in small increments for roughly twenty minutes. It is important that you remain still during the captures.

The entire examination lasts around 2 to 3 hours.

Day 2, examination during exertion

Preparation

- You may have to stop using certain heart medications. If necessary, your treating physician will let you know.
- **From 12:00h in the afternoon on the day before the examination, you may not consume coffee, tea, coke, bananas, chocolate, Red Bull or other foodstuffs containing caffeine, not even decaffeinated coffee (other foodstuffs are permitted).**
- You may have a light breakfast up to four hours before the examination (biscuit or cracker with a sweet topping). Do not drink coffee or tea with it. Afterwards, you may not eat or drink anything else except water.
- Drinking water is permitted right up until the examination.

- After the injection, you should drink and eat something fatty (bread with cheese/liverwurst/peanut butter or a snack). You can bring this from home yourself or purchase it at the hospital. This empties the gall bladder so it has no disruptive effect during the scan.
- Please refrain from the use of body lotion that morning (the ECG pads will not stick well).

Examination

On the day of the examination, report to Radiology at the scheduled time.

- While you lie on a bed, you will be given an IV drip (a tube in an arm vein, so that liquids can be administered).
- You will sit on a stationary bicycle. Pads will be placed on your chest for recording a film of your heart (ECG).
- Your blood pressure will be measured.
- As soon as the physician arrives, the stationary bicycle will be started at a relaxing speed.
- Every few minutes, the bicycle difficulty will be increased. If you have complaints of, for example, shortness of breath or pain in the chest, always let someone know.
- At the end of the examination, you will be given an IV drip of slightly radioactive material. You will keep cycling for another minute, after which the bicycle will be stopped.
- Blood pressure will be measured again, after which you can get dressed.
- The radioactive material requires one to two hours to take effect. While waiting, you will be given chocolate and you must drink 4 cups of fluids. This can be anything, e.g. water, coffee, tea or juice. We would prefer that you also eat something fatty while waiting. This is to make the heart more visible in the photographs
- The photographs are taken while you lie on a narrow bed. The camera rotates around you in small increments for roughly twenty minutes. It is important that you remain still during the captures.

The entire examination lasts around 3 hours.

Just a bit more information...

- It is preferable to wear loose-fitting (sports) clothing during the exertion test. We recommend you wear comfortable (sports) shoes as well.
- For any questions about the use of medications during the examination period, you should contact your treating physician or cardiologist.
- If you take medications for diabetes, please contact the Nuclear Medicine department. You may receive different instructions for preparation.

Results

The photographs must first be edited by computer before they can be assessed by a physician from the Nuclear Medicine department. This physician makes a report of the examination and sends it to your treating physician. You will receive the results of your examination from your treating physician.

Questions

If you still have questions, you can always call your treating physician or the Nuclear Medicine department, Radiology reception desk.

Important

We ask that you arrive on time for your examination. In the event that you are delayed, you must notify us of this promptly. This is because the radioactive materials are prepared especially for you and do not last for very long.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.