

PATIENT INFORMATION: Cardiac (Sestamibi) Scan

What is a SESTAMIBI (MIBI) Scan?

This is a test to determine whether the blood flow to your heart is normal. The test is commonly performed in two parts. The *REST* scan is done first followed by the *STRESS* scan. The whole study may take up to 4 hours.

Prior to your scan:

Please read this carefully at **least 24 hours prior to your appointment**. Failure to follow the instructions may affect the results of your scan.

Instructions to prepare for the stress test:

1. Caffeine should be avoided for at least 24 hours before your appointment. It is found in:
 - a. Drinks such as tea, coffee, hot chocolate, energy drinks and soft drinks
 - b. Food such as chocolate biscuits and cakes
 - c. Decaffeinated drinks do contain a small amount of caffeine so should also be stopped
 - d. Some cold & flu remedies such as *Lemsip* – if in doubt, leave it out
2. Have nothing to eat or drink except water for **6 hours** before you attend. This does not apply to diabetics, who may have a light meal (e.g. toast) in order to take their medication.
3. Bring a full list of all your current medications with you to the hospital, to be shown to the radiologist performing your scan.
4. Take all other medications as per normal before the scan
5. If you have any queries about the test, please contact our nuclear medicine department on 9430 1100 (8:30am-5:30pm Monday to Friday).

What does a SESTAMIBI Scan involve?

On arrival you will be accompanied to the Nuclear Medicine Department where the doctor will consult with you and discuss relevant medical history and medications you are currently taking.

A technologist will then give you an injection of the tracer (a radioactive drug called Sestamibi). This is given into a vein through a cannula. After approximately 30 minutes, the technologist will take you to the camera room where the scan is performed whilst you are connected to an ECG machine. This will take about 30 minutes.

How is the Stress SESTAMIBI performed?

Again, an ECG monitor will be attached to your chest. The nurse or doctor will record your blood pressure and monitor your heart during the test.



You will be asked to walk on a treadmill, increasing your pace as the test progresses. If you are unable to walk, we may perform a pharmacological stress test for you with a drug called Adenosine. This medication takes the place of exercise and is used to increase the flow of blood to your heart.

The doctor or nurse will be with you throughout the procedure and you should inform them of any symptoms that may develop during the test such as chest pain and breathlessness. This part of the test lasts for 4-6 minutes.

You will then be able to leave the department and have something to eat and asked to drink at least 3 glasses of water. The technologist will advise you of a return time to complete the test, which is another set of pictures similar to the first.

Side Effects:

The type of test has a good safety record even in patients with heart disease. Side effects are uncommon but can occur. They include flushing of the face, nausea, vomiting, headache, breathlessness and chest pain. In very rare instances, abnormal heart rhythm and heart attack can occur.

Note on Pregnancy:

If there is a chance you may be pregnant, or if you are breastfeeding, please notify staff BEFORE proceeding with the injection.

Consent:

I have read this information sheet and consent to a SESTAMIBI Scan being performed as requested by my doctor.

Name: _____

Signed: _____

Date: _____

