

**THE ROYAL MELBOURNE HOSPITAL
DEPARTMENT OF NUCLEAR MEDICINE
Ground Floor: Clinical Sciences Building**

Phone 03 9342 7480

MYOCARDIAL (Heart) SCAN

Name:.....

Your appointment is on/...../..... at.....am / pm

PREPARATION

1. MEDICATION (ie tablets). VERY IMPORTANT. Some tablets need to be stopped 72 hours before the test. PLEASE SEE OVER THE PAGE.

2. For 24 hours Before Your Appointment

Do not drink any Tea, Herbal Tea, Coffee, Hot/Cold Chocolate or Coca Cola.

Do not eat or drink any products containing guarana (eg. energy drinks).

Do not eat any chocolate. Otherwise your test may need to be re-booked.

Eat a light breakfast or lunch on the day of your appointment.

Diabetics please refer to additional sheet for instructions about medications.

Please bring in your Medicare card and all medications you are taking or you have been taking.

Wear comfortable clothes and leave valuables at home.

Check the list of medications over the page and contact your doctor if you are taking any of these.

You may be told to stop taking certain medications before the test.

You must contact the department immediately if:

- you are unable to keep your appointment for any reason.
- you are pregnant or breastfeeding, or there is any possibility of being pregnant.
Phone (03) 9342 7480

PROCEDURE

There are normally two parts to the test.

1. Injection of a radioactive tracer (called Sestamibi) into an arm vein.
Wait for 15 minutes or more.
Scan of the heart using a gamma camera. You will need to lie still for about 25 minutes.
There may be another wait now.
2. Stress test: You will either pedal an exercise bike or receive an injection of a medication to stress the heart.
The doctor will monitor your heart with a cardiograph (ECG).
Near the end of this procedure, you will receive a second injection of radioactive tracer.
Wait for 15 minutes or more.
Then a second scan of the heart similar to the first will be performed.

This entire test will take **3 - 4** hours.

3. Occasionally, patients receive a third injection of a radioactive tracer (Thallium) and return the next day for another scan. The Nuclear Medicine doctor can only decide if this is necessary after the first two parts are complete.

The radiation dose from the tracer injections is small: about the same as some X-Ray tests.

The radioactive material disappears rapidly and completely from the body.

Reactions and side effects from these injections are extremely rare.

If you are having a dipyridamole (Persantin[®]) injection, the doctor will explain any possible side effects.

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MEDICATIONS WHICH MAY INTERFERE WITH THE TEST

After contacting your referring doctor or GP, stop the listed medications, for the indicated hours before your test.

A	Hours	F (continued)	Hours	P	Hours
Adalat/Adalat OROS	24	Felodipine	24	Perhexiline DO NOT STOP	
Adcirca	72	Fendex ER	24	Perivasc	24
Adefin/Adefin XL	24	G		Persantin/Persantin SR* 24	
Addos XR	24	Ganfort drops	48	Pexsig DO NOT STOP	
Amlo	24	Glyceryl trinitrate patches	24	Pindolol	48
Amlodipine	24	I		Plendil ER	24
Anpec	24	Ikorel	48	Presolol*	48
Anselol	48	Imdur	24	Pritor/Amlodipine	24
Asasantin SR*	24	Imtrate SR	24	Propranolol	48
Atenolol	48	Inderal	48	R	
Azarga drops	48	Isomonit	24	Reaptan	24
B		Isoptin/Isoptin SR	24	Rectogesic ointment	24
Barbloc	48	Isordil	24	Revatio	72
Beprol*	12 - 24	Isosorbide dinitrate	24	S	
Betaloc	48	Isosorbide mononitrate	24	Sevikar +/- HCT	24
Betaxolol drops	48	Isosorbide PS	24	Silaran	72
Betoptic drops	48	Ivabradine	24	Sildenafil	72
Betoquin drops	48	L		Sigmaxin/Sigmaxin PG	12 - 24
Bicard*	12 - 24	Lanoxin/Lanoxin PG	12 - 24	Sorbidin	24
Bicor*	12 - 24	Latanocom drops	48	Solavert*	48
Biso*	12 - 24	Ledip	24	Sotacor*	48
Bisoprolol*	12 - 24	Lercadip	24	Sotalol*	48
Bispro*	12 - 24	Lercan	24	T	
C		Lercanidipine	24	Tadalafil	72
Cadatin	24	Levitra	72	Tarka	24
Cadivast	24	Labetalol*	48	Tenolten	48
Cardol*	48	Lopresor	48	Tenopt drops	48
Caduet	24	M		Tenormin	48
Cardizem/Cardizem CD	24	Metatar	48	Tensig	48
Carvedilol*	12 - 24	Metoprolol	48	Transiderm-Nitro patches	24
Cialis	72	Metoprolol XL*	12 - 24	Timolol drops	48
Combigan drops	48	Metrol	48	Timoptol +/- XE drops	48
Coralan	24	Metrol XL*	12 - 24	Toprol XL*	12 - 24
Coras	24	Minax	48	Trandate*	48
Corbeton	48	Minitran patches	24	Triasyn	24
Cordilox SR	24	Mistrom	48	Twynsta	24
Cosopt drops	48	Monodur	24	V	
Coveram	24	N		Vardenafil	72
D		Nebilet*	24	Vasafil	72
Deralin	48	Nebivilol*	24	Vasocardol +/- CD	24
Dicarz*	12 - 24	Nicorandil	48	Vedafil	72
Digoxin	12 - 24	Nifedipine	24	Vedilol*	12 - 24
Diltahexal CD	24	Nifexhexal	24	Veracaps SR	24
Dilasig*	12 - 24	Nitrate patches/tablets	24	Verapamil	24
Dilatrend*	12 - 24	Nitro-Dur patches	24	Viagra	72
Diltiazem	24	Nordip	24	Visken	48
Dilzem/Dilzem CD	24	Norvapine	24	Volirop*	12 - 24
Dipyridamole	24	Norvasc	24	X	
Duotrav drops	48	Noten	48	Xalacom drops	48
Duride	24	Nyefax	24	Z	
E		Nyogel eye gel	48	Zanidip	24
Exforge +/- HCT	24	O		Zan-Extra	24
F		Oxprenolol	48	Zircol	24
Felodil XR	24	Ozlodip	24		
Felodur/Felodur ER	24				

*CHECK UNDERLINED MEDICATIONS WITH YOUR REFERRING DOCTOR OR GP BEFORE STOPPING. DO NOT STOP UNLESS ADVISED BY YOUR DOCTOR.

Medications that can be continued as normal include aspirin, clopidogrel (Plavix[®], Iscover[®]), ticagrelor (Brilinta[®]), prasugrel (Effient[®]), ACE Inhibitors and Angiotensin Receptor Blockers.