

The image capture will take about 20 minutes, during which you will lie on a stretcher with your arms above your head. The camera will move around you. The technologist will stay nearby or in contact with you throughout the test.

Additional Information

You can at any time address the technologists conducting your test with any questions you may have, before, during or after the test.

No risk of cancer or any other disease has been demonstrated at such low radiation doses (< 100 mSv).

The low dose of radiopharmaceutical product will be mainly eliminated by the kidneys. It is therefore important to hydrate well during the following 24 hours, unless otherwise advised by your doctor.

Our nuclear medicine department uses hybrid devices with a scintillation camera (which captures emissions from the injected radiopharmaceutical product) coupled with a CT scanner. For the purposes of this test, you will also receive a low dose of X-rays.

For more information on radiation, please consult the booklet *Information on Ionizing Radiation*, available in waiting rooms of our imaging department.

IMPORTANT POINTS

- » In order to speed up our service during your appointment, we ask you to have an up-to-date list of your medications with you.
- » Before undergoing a nuclear medicine test, it is important to let us know if there is a possibility that you may be pregnant or if you are breastfeeding.
- » Following a nuclear medicine test, you can resume your activities as usual.
- » If you plan to leave the country in the near future, please advise the technologist to obtain the required document. The injected radiopharmaceutical could be detected at customs.
- » If you are unable to attend your test, please notify us as soon as possible by calling 514-376-3330, ext. 3488.

Montreal Heart Institute
Affiliated with the Université de
Montréal

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**INSTITUT DE
CARDIOLOGIE
DE MONTRÉAL**

Nuclear Medicine Department

Myocardial Perfusion Test under Stress and At Rest



The Test

The purpose of these tests is to evaluate myocardial perfusion, i.e. the blood supply to your heart muscle, under stress and at rest. The test also estimates the pumping function of your heart.

Substances Used

^{99m}Tc -tetrofosmin (^{99m}Tc -Myoview(R)), a radioactive product.

Preparation

You must not eat for at least four hours before each test. However, you are allowed to drink water at all times. If you suffer from diabetes, you can have a light breakfast and drink a fruit juice, up to 2 hours before the start of the test.

Side Effects

Allergic reactions are extremely rare. The technologist will be with you during the test and will take time to explain the details during your visit. Note that any possible side effects are related to the administration of pharmaceuticals and not to any radiation.

Medication

You can take your usual medications unless otherwise specified by your physician.

Duration of the Stress Test

You should allow about 3 hours on the day of myocardial stress perfusion test.

Duration of the Test at Rest

You should allow about 2 hours on the day of the myocardial perfusion scan test at rest.

Description of the Stress Test

When you arrive, the nuclear medicine technologist will place a catheter in a vein in your arm, which will enable the injection of the radiopharmaceutical on the treadmill. You should walk on the treadmill as long as possible. At the maximum of your effort, the nuclear medicine technologist will inject you with the radiopharmaceutical that will allow us to capture images about an hour later.

The stress test will be performed under the supervision of a cardiologist and a certified technologist.

During this hour of waiting, in order to optimize the results of your test, you should eat. Plan to bring either some cash to visit the MHI cafeteria or bring your meal with you.

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Description of the Test at Rest

For comparison purposes, a resting myocardial scan is performed the day before or the day after the stress test. Sometimes both portions of the test are done on the same day.

On the day of the resting myocardial perfusion scan, the technologist will inject the same radiopharmaceutical used for the stress test. Images will be taken approximately one hour after the injection. During this hour of waiting, in order to optimize the results of your test, you will should eat. You will therefore have to plan, as on the day of the stress test, whatever you need to have a meal.

