

Before Your Heart Scan

Knowing what to expect can help you feel more relaxed during the procedure. The **stress** portion of your exam may be performed on a treadmill or with the use of a medicine prescribed by your physician. The entire test will take approximately **2-3 hours**.

No caffeine 24 hours prior to your test.

This includes tea, coffee (even decaffeinated), chocolate, soda or energy drinks.



- When you schedule your test, be sure to mention all medications you are taking. Be sure to ask if you should stop any of them the day of the test (Beta blockers).
- Stop smoking before the test.
- **Do not eat 2-4 hours before the start of the test.** Clear liquids are OK. **No caffeine.**
- Wear something **comfortable** the day of the test such as a two piece outfit with walking shoes for exercise.

Let the Technologist Know if...

- There are any medications you are taking.
- You have arthritis, asthma, chronic lung disease, diabetes, or any knee or hip problems.
- You've had a stroke or have vascular disease of the leg.
- You are pregnant, think you might be, or are nursing.

During Your Heart Scan

In 30-45 minutes after the initial injection of the tracer, the scan of your heart at rest will be performed taking about 10 minutes. At 30-60 minutes after the stress injection, you will be scanned again giving your doctor images of your heart after stress.

During the actual test:

- An **IV** (intravenous) line will be started in your arm.
- An initial tracer (Cardiolite or Thallium) will be given through the IV line.
- 30-45 minutes later you may be attached to an EKG and have your **rest** scan. This will take about 10 minutes. **In order to have the clearest images please remain as still as possible once the technologist has started the scan.**
- Next, you will be taken into the treadmill room for the exercise, or **stress**, portion of the exam. You will be asked to walk or exercise for a few minutes. If you are unable achieve a high level of exercise, the doctor will prescribe a medicine that will allow the blood to flow to your heart as if you were exercising.
- During this stress portion of the exam you will be attached to an EKG and a blood pressure monitors. A second tracer will be given through the IV line in for the **stress** scan.
- 30-60 minutes later (the technologist will appoint you a time) you will have your second, or stress, scan. This will also take about 10 minutes. **Again, please remain as still as possible once the technologist has started.**

Report any of the following...

- If you feel any of the following symptoms, tell your doctor or technologist immediately.
- Chest, arm, or jaw discomfort
 - Severe shortness of breath
 - Dizziness or lightheadedness
 - Leg cramps or pain

After Your Heart Scan

Your test is finished when both **rest and stress scans** have been completed. Be sure to ask the technologist about returning to your normal diet and routine. Most patients return to their normal routines immediately after the test. Be sure to read under "Your Test Results" about important follow-up information.

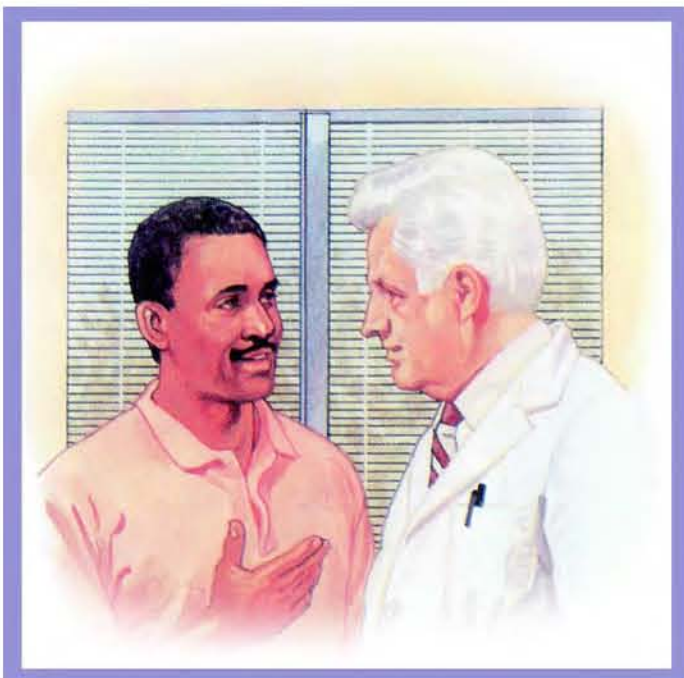


What is a Cardiac SPECT Scan?

A Nuclear SPECT scan (Single Photon Emission Computerized Tomography) is a 3D scan of your heart. A small, safe amount of a radioactive drug—called a tracer—is used to determine how well your arteries can carry adequate amounts of blood flow to your heart. The process of your heart filling with the tracer is called **perfusion**. Arteries that are blocked or closed can cause a lack of blood flow to the heart, which will appear as an absence of perfusion in the cardiac muscle. This indicates a problem or defect in your scan.

One scan is taken with your body in a rest condition and one in a stress condition. If your scan is abnormal or has a defect, these two scans will show your doctor whether there is the presence of either an infarct or ischemia.

- *Infarct*: A defect present in both the rest and stress scans.
- *Ischemia*: No defect in the rest scan, however there is a defect in the stress scan.

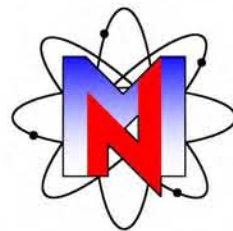


Your Test Results

The scan information will be processed by the technologist and given to your own physician or an interpreting physician for review. A written medical report will then be generated.

Before you go home, be sure to make an appointment with your doctor's office for a follow-up visit to go over your results. For any questions or concerns, see below for the contact information.

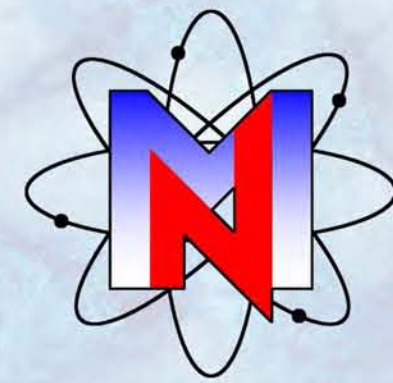
There is a **\$500 no-show fee**, so please let your doctor know at least 24 hours in advance if you cannot make your appointment.



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For further information please contact us at...

511 S. Harbor Blvd., Bldg E.
La Habra, California 90631
(562) 905-2244
www.modernnuclear.com



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