

Myocardscintigrafie

Informatie in het Engels

Naar het ziekenhuis? Lees eerst de informatie op www.asz.nl/brmo.

**albert
schweitzer**

Please note!

Special preparations

You may **NOT** consume **caffeine** for 24 hours before the MPI test. Caffeine could cause the test results to be unreliable.

If you do eat or drink something that contains caffeine, the MPI test cannot be carried out.

To receive a new appointment, you'll have to go back on the waiting list.

Example products with caffeine that you **may NOT consume**:

- coffee (incl. decaf)
- tea (all varieties)
- soda (all kinds)
- chocolate, chocolate milk or other products containing chocolate
- energy drinks like Red Bull.
- paracetamol with caffeine

On the morning of the MPI test, you may have a light breakfast at home, e.g. a rusk and a glass of juice. You may **NOT** consume **caffeine** with this light breakfast.

Introduction

Your appointment for your MPI test is coming up. This leaflet contains more information about this test.

Purpose of the MPI test

Myocardial perfusion imaging provides information about the blood flow (perfusion), movement of the walls and the pumping function of your heart muscle (myocardium) both after exercise (i.e. physiological stressor) and while at rest.

Preparations

- Caffeine can impact the test results. Therefore, you may not consume caffeine for 24 hours prior to the MPI test. For more information, please read the first page of this leaflet.
- Some medications may affect the test results. Your cardiologist or treating physician will tell you which medications you need to stop taking (temporarily) before the test. For questions about medication, contact the outpatient clinic of your treating specialist.
- Please bring your list of medications or boxes of medication boxes to the test. If you stopped taking medication prior to the myocardial perfusion scans, it's a good idea to take it right after the stress (exercise) portion of the test. The nuclear medicine technologist will notify you when you can take your medication.
- If you have diabetes mellitus (diabetes), call the Nuclear Medicine Department in advance of your MPI test. Staff will inform you whether additional preparations are necessary.

- We recommend wearing comfortable clothing and shoes the day of the test. It's best to leave your jewelry at home.

Pregnancy and breastfeeding

Are you pregnant or think you might be? Are you currently breastfeeding? Call staff at the Nuclear Medicine Department before your test. They will tell whether the test can take place.

The MPI test

The MPI test is comprised of two different parts:

1. a stress (exercise) portion
2. a rest portion

The imaging test will last for approximately five hours. During this time, you'll remain at the hospital. Bring something to eat while you're waiting between your imaging scans.

Stress (exercise) portion of the test

The nuclear medicine technologist will insert an IV into your arm.

The stress test can be performed in two different ways:

1. a test on a stationary bicycle
2. a test by injecting medication.

Your physician will determine the most suitable method for you.

For both methods, a small amount of radioactive tracer is administered through your IV. You will not notice this being administered.

After the stress test, you'll have to wait at least 30 minutes before we take this set of scans. We'll need approximately 30 minutes to take these scans.



The device for myocardial perfusion imaging scans

Rest portion of the test

A few hours after we've taken the scans for the stress portion of the MPI test, we'll administer another radioactive tracer dose intravenously. Roughly an hour later, we'll take the scans for the rest portion of the MPI test. The rest scans are taken the same way as the stress scans.

After the MPI test

The radioactive tracer will leave your body within 24 hours. We'll send the results to the specialist who ordered the MPI test, who will then discuss them with you.

To conclude

We do our best to begin your appointment for the MPI test on time. So, please be sure to arrive on time.

If you're unable to attend your appointment, please call to notify us as soon as possible. With advance notice, we can cancel the radioactive tracer that was ordered for you.

Do you still have questions after reading this leaflet? Feel free to call staff at the Nuclear Medicine Department, Dordwijk location, on +31 (0)78 652 32 90. You can call the department Monday - Friday between the hours of 8:00 am - 4:30 pm. We'll be happy to assist you.

For more information, visit the website of the Nuclear Medicine Department at: www.asz.nl/specialismen/nucleaire_geneeskunde/.

Your experience

We try to explain as clearly as possible any discomfort or pain you might experience during a test. That said, all people experience things differently and in their own way. Let us know if you are apprehensive or anxious about anything, so we can take this into account.

Albert Schweitzer ziekenhuis
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