

Nuclear Medicine Myocardial Perfusion Study (MiBi)

Preparation

- For a Myocardial Perfusion Study, it is important the patient avoids food and beverages containing caffeine for 24 hours prior to the study, including coffee, tea, cola, and cocoa.
- On the day of the scan, the patient should dress appropriately for physical exercise (e.g. shorts or track-pants, t-shirt, sports bra, etc)
- Patients taking medication to slow their heart rate, the patient may be asked to stop these medications, however this should only be done in consultation with their doctor.
- Patients should arrive 10-15 minutes early to complete paperwork
- Patients must bring their request/referral form on the day (or check that their request/referral is at the practice)
- Notify Lakes Radiology team of any allergies, existing medications and if there is a chance you could be pregnant or breastfeeding.

Procedure

- A medical practitioner/technician will talk to you prior to the test and will provide ample opportunity to answer questions you may have at this time.
- A cannula will be inserted into the arm so that the radiopharmaceutical can be injected.
- The patient will then wait 15-30 minutes for the radiopharmaceutical to work.
- The patient will be placed on an exam bed with chest area exposed.
- A Gamma ray camera will be placed close to the patient's chest, a number of images will be taken (each taking 15-20 minutes).
- The patient may have to perform different movements/positions during the test.
- For the 'stress' test component of the study, the patient is either injected with medication or required to undertake exercise using a treadmill or exercise bike.
- The technician will take further images during this period.
- A Myocardial Perfusion Study Test will take between 3-4 hours.
- At the completion of the study, the radiologist will check the quality of the images to ensure optimal diagnostic study has been performed.
- The patient should contact their referring doctor for the result of the test.

Risks or Side Effects

- A Myocardial Perfusion Study is a simple, non-invasive and low risk study.
- During the examination the amount of radiation the patient is exposed to is similar to that received during a regular diagnostic x-ray.
- There is a slight risk of an allergic reaction or mild side effect such as headache, nausea, light headedness, asthma etc.
- The patient should advise Lakes Radiology if they have had a previous allergic reaction to medication prior to the administration of the radiopharmaceutical injection.
- For both the exercise and medically induced "stress test" there is a very small risk of heart attack (less than 4 in 10,000) for those suffering coronary artery disease.