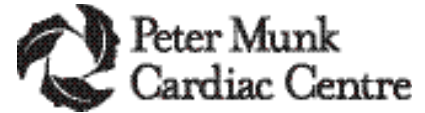


Having a Myocardial Perfusion Scan



Dr. Robert J. Burns Nuclear Cardiology Laboratory



Information for Patients about the Persantine Thallium test

Appointment date: _____

Appointment Time: _____

Location:

Toronto Western Hospital, Nuclear Cardiology

5th floor East Wing - Tel: 416-603-5658

Toronto General Hospital, Nuclear Cardiology

1st floor Gerrard Wing - Tel: 416-340-4800 ext 4497

What is the Persantine Thallium Test?

This test examines how well your heart is working. A medication called Persantine is used to increase blood flow to your heart.

This test can be part of a regular check-up and it can:

- Check for coronary artery disease (blocked arteries)
- Check to see how your heart treatment is going
- Check how a heart procedure (such as angioplasty or by-pass surgery) has improved heart health
- Determine if your heart is healthy enough for surgery

Please visit the UHN Patient Education website for more health information: www.uhnpatienteducation.ca

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Created: 02/2012

Form: D-5843

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University Health Network

Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital



How do I prepare?

- ✓ Wear comfortable clothes.
- ✓ Drink juice or water to take your normal medications.
- ✓ If you have diabetes, you may eat a light breakfast (such as toast and jam).
- ✓ If you use an inhaler for your breathing, please bring it to the test.

- ✗ **DO NOT** eat 2 hours before the test.
- ✗ **DO NOT** drink or eat caffeinated, decaffeinated or caffeine-free products (such as cola, Mountain Dew, chocolate, coffee, energy drinks or tea) for 24 to 48 hours before the test. **Caffeine may interfere with the results of your test.**
- ✗ **DO NOT** take any medication that has caffeine (such as diet pills, Excedrin, Anacin, Tylenol #1, 2 or 3) for at least 24 hours before the test. Ask your doctor, pharmacist or nurses if you are not sure or call the lab.

Your doctor may also ask you to stop taking other heart medications on the day of your test. If you have any questions about your medications, ask your doctor.

If you have diabetes:

- Do not stop your diabetes oral medication or insulin.
- If you own a glucose monitor, bring it with you to check your blood sugar levels.
- If you think your blood sugar is low, tell the lab staff right away.

What happens during the test?

The test has 2 parts.

Part 1

- A technologist will ask you questions about your medical history, do ECGs, and check your blood pressure and heart rate.
- Then he or she will set up an (intravenous) IV in your arm or hand and inject persantine through the IV for 4 minutes while checking your heart rate, ECG and blood pressure. If you are able, you will slowly walk on a treadmill.
- About 3 minutes after getting persantine, the technologist will inject thallium in the IV.
- The next step is to take pictures. You must lie very still under a gamma camera with your arms above your head for 30 minutes.
- Now you will take a 2 to 3 hour break. Only drink clear liquids while on break.

Part 2

- After your break, we will take more pictures of your heart - this time at rest. You must lie very still under a gamma camera with your arms above your head for 30 minutes.
- Try to be very still so the pictures are clear. We may need to take more pictures if you move.

How long will the test take?

The appointment will take about 4 to 5 hours. The first part of the test will take about 1½ hours. The second part will take 45 minutes with a break in between.

What risks are possible?

- There is a 1 in 10,000 chance of having a heart attack while being given Persantine.
- Persantine may give you some side effects like headaches, nausea, chest or back pain.
- In rare cases patients may have blood pressure changes, arrhythmias (irregular heart beat) or breathing problems.
- There are no side effects from the radioactive tracer.

Please let the technologist know if you have any of these side effects. The technologist will talk to you about these and any other risks before doing the test.

How do I get my test results?

We will send the final report of the test to your doctor who will go over the results with you.

Remember:

Please let the technologist know if you think that you may be pregnant or are breast feeding.

Children must be with an adult at all times and cannot enter the imaging area.