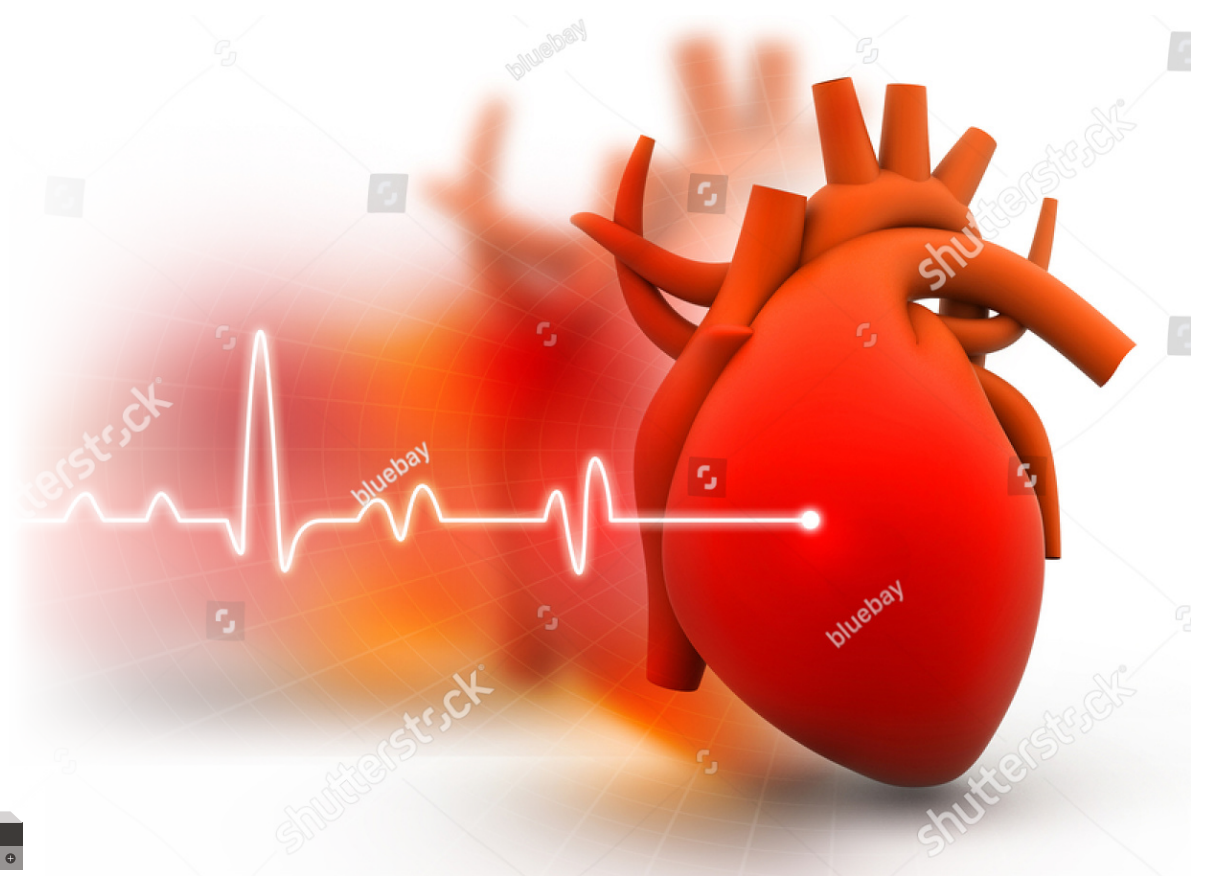




MYOCARDIAL PERFUSION SCAN



Overview:

Myocardial Perfusion Scan - TMT Stress is an imaging test. It's also called a Nuclear Stress Test. It is done to show how well blood flows through the heart muscles during exercise and rest. It also shows how well the heart muscle is pumping.

Pre Procedure:

- You should be on an empty stomach or 3 hours of fasting prior to the test. You may have a light breakfast no later than 3 hours prior to the test.
- You must stop caffeine (tea, coffee, cola, hot chocolate, energy & decaffeinated drinks) 24 hours prior to the test.
- You must stop medications as advised by your doctor.
- Please carry your past medical reports / CDs as well as medication list.
- Please wear loose, comfortable clothing as you will required to run on the treadmill for this test.
- If you know or think you could be pregnant, inform your doctor. Radioactive treatment should not be given during pregnancy.
- If you are breastfeeding, inform your doctor. Radioactive treatment should not be given to lactating mothers.
- It is best not to bring pregnant women or children along with you.
- You could bring your favourite books with you or read from our magazine collection or browse using hospital WIFI, as there will be a mandatory waiting period between scans.
- Please carry drinking water and fatty food (like masala dosa, puris, bread and butter etc), as you may be asked to have these between scans.
- You must avoid wearing any metallic ornaments / accessories on the day of procedure.

During Procedure:

- You are settled comfortably in an area where your privacy is respected throughout the procedure. You will be given a hospital gown to change into.
- You will have to take off metallic ornaments, accessories, jewellery and inner wear with metal wires etc.
- Nurse begins by placing ECG electrodes on the chest and blood pressure cuff on the arm. Your heart rate, ECG and blood pressure will be continuously monitored during the procedure.

- A cannula is inserted and IV line is placed for administering radioactive injections as well as medications through vein.
- You will have to walk on the treadmill till the target heart rate is achieved.
- A small dose of radioactive medicine is injected through IV during the peak exercise period. The radioactivity levels that you would be exposed to, during the test are minimal and will not harm you.
- Once the treadmill exercise is over, you will be advised to eat fatty food prior to the first scan which is the stress scan. The scan is done after a waiting period of 45 minutes.
- During the first scan, a special camera will be positioned very close to the chest and pictures will be taken. This takes around 15 minutes.
- After the first scan, again a small dose of radioactive medicine is injected through IV and after 1.5 hours the second scan is done. The second scan also takes about 15 minutes.
- Normal responses during the test would be shortness of breath, sweating and feeling tired.
- Your safety is important to us. You will be monitored at all times by our Nuclear Medicine team.
- The test will be stopped or modified, if it is unsafe for you to continue.
- It will take about 4 hours to complete the entire procedure.
- Cannula is removed after the entire procedure is completed.

Post Procedure:

- There are no dietary restrictions and you may resume normal activities.
- You may experience shortness of breath, sweating and might feel tired, which is normal. This will subside in some time.
- You must continue to drink 2 to 3 litres of water for the next 24 hours.
- You must maintain 1 meter distance, on the day of your test with others, especially children and pregnant women.
- Reports are available within 3 to 4 hours.