



Persantine Sestamibi Scan Outpatient instruction sheet

Note:

Please bring medications (including inhalers) you may need during your stay or in the hospital.

Patient Name

Doctor

Persantine scan:

Date

Time

This time is reserved for you. Please arrive promptly.

You are scheduled for a persantine sestamibi scan. This test shows how well blood supplies your heart muscle. For this test, you will be given persantine and sestamibi through an arm vein. Persantine makes your blood vessels expand. You will get persantine because you are unable to walk on a treadmill. Persantine makes the heart mimic the effects of exercise so that you do not need to walk on the treadmill. Sestamibi is a radioactive compound that helps make scanning pictures. When sestamibi goes to tissues with normal blood flow, they look light when they are scanned; tissues with poor blood flow look dark.

You may have heard this test called a "thallium scan." Your doctor has ordered sestamibi for you instead of thallium. Sestamibi makes clearer heart pictures in patients with larger-than-average chests.

Your heart will be scanned twice; once after getting persantine and sestamibi, and again after getting sestamibi alone. A cardiologist evaluates your heart by comparing these two scans. They are usually scheduled on two consecutive days.

If you have questions about the procedure, please ask. Your nurse and doctor are ready to assist you at all times.

Persantine scan (Test location: Please report to the heart station.)

Preparation

- 1. Avoid caffeine for 24 hours before the test.** This includes coffee, tea, colas, and other sodas such as Mountain Dew, as well as decaffeinated beverages and chocolate. Also avoid some over-the-counter pain relievers like Excedrin. Check labels to be sure.
- 2. Report to the first floor heart station.**
- 3. After midnight on the night before your test: Do not eat or drink anything except for sips of water as necessary to take medications.**
- 4. If you are diabetic, do not take insulin or oral hypoglycemics the morning of your test.** Please bring your insulin and other medications you will need, as well as your glucometer, to the test.
- 5. Wear a loose, comfortable, two-piece outfit and walking shoes (or sneakers).** Women should wear bras (without underwire if possible).

Resting scan

Date _____

Time _____

The scanning camera is reserved only for you at this time. Please arrive promptly.

If you need to cancel the test, please call _____

at _____.

If it is the day before or the day of the test, please call the Nuclear Medicine Department at 301-496-5675 or 301-496-3050 and ask for the exercise lab nurse. Call either number if you have questions before the test.

Your doctor wants you to stop taking the following heart medication(s) _____ day(s) before this test:

Otherwise, take your medication(s) as usual before the test.

Procedure

1. Before the scan begins, let your nurse or doctor know the following:
 - if you have had asthma
 - if you have had trouble breathing because of narrowed breathing passages
 - if you have taken medications by mouth or by inhaler (nebulizer) to help open your breathing passages.
2. You will be asked to lie back on a recliner or walk slowly on a treadmill.
3. An intravenous (I.V.) catheter will be placed in one of your arm veins. Over the next 4 minutes, you will get persantine through this I.V. You may feel headache, flushing, shortness of breath, chest pain, nausea, or other symptoms. *Let the staff know about these or other symptoms during or after persantine is given.* Most patients feel no symptoms or very mild ones. Be assured that you will be monitored at all times. You may get medication to relieve your discomfort if you need it.
4. A few minutes after getting persantine, sestamibi will be injected through your I.V. You will feel nothing after this injection.
5. You will wait for about 30 to 60 minutes. During this wait time, you will be asked to eat something containing fat to clear your gallbladder of the sestamibi. After that time, you will be asked to lie very still on a flat table while a scanner takes pictures of your heart.

After the Procedure

- When the pictures have been taken, you may eat and drink as usual and do your regular activities.
- Over the next few hours, drink lots of water to help your body rid itself of sestamibi.

Resting scan Test location: Nuclear Medicine Department

Preparation

1. Report to the Nuclear Medicine Department on the first floor of the Clinical Center.
2. **You may eat a light breakfast and drink noncaffeinated beverages.**

Procedure

1. Sestamibi will be injected into your I.V. After the injection, you will wait for 30 to 60 minutes. During this wait time, you will be asked to eat something containing fat to clear your gallbladder of the sestamibi.
2. Then, you will be asked to lie on a flat table for about 40 minutes while pictures are taken of your heart.

After the procedure

- After the pictures have been taken, you may eat and drink as usual and do your regular activities, including driving.
- Over the next few hours, drink lots of water to help your body rid itself of sestamibi.
- Your referring doctor or your NIH doctor will give you the results.

Special Instructions

- Please let your healthcare team know if you are pregnant, think you might be pregnant, or if you are breastfeeding. (We do pregnancy tests routinely on all women of child-bearing potential.) Because this test uses radioactivity, this test is not usually performed on pregnant or breastfeeding women.
- If you care for a newborn, let your healthcare team know so that they may give you special instructions.



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This information is prepared specifically for patients taking part in clinical research at the Clinical Center at the National Institutes of Health and is not necessarily applicable to individuals who are patients elsewhere. If you have questions about the information presented here, talk to a member of your healthcare team.

Questions about the Clinical Center?
OCCC@cc.nih.gov

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National Institutes of Health
Clinical Center
Bethesda, Maryland 20892