

Myocardial perfusion SPECT and low-dose CT, rest and stress

This examination measures the blood circulation in the heart muscle.

The total duration of the examination is about 2 hours. The doctor will decide if you will have a second scan on another day. If you have the second scan, you will receive a new appointment and separate instructions.

If you are pregnant or suspect that you are pregnant, call the number listed in the instructions for arrival. The examination cannot be performed if you are pregnant.

Preparation for examination

Stop taking the following medication for 2 days before the examination:

- Asasantin®, Persantin® and Orisantin®

If your attending physician has instructed you otherwise regarding stopping medication, follow those instructions.

Bring with you a list of the medications you have in use.

Do not drink any alcohol for 2 days before the test.

For 12 hours before the examination, do not drink any stimulating drinks, such as:

- coffee
- tea
- hot cocoa
- energy drinks
- cola drinks
- chocolate



The examination cannot be performed if you have taken any stimulants!

On the day of the examination

Have breakfast or a light lunch at home before the examination.

Do not smoke for 4 hours before the examination or during the examination.

On the day of the possible second scan

You may eat and drink as usual. Take your medication as usual.

Examination

On the first day of the examination

A cannula will be placed in a vein on your arm. A small amount of radioactive tracer is administered via the cannula.

During the examination, you may be given medication that affects the coronary blood vessels and strains the heart. In some cases, the examination can be performed during bicycle exercise.

After the test, gamma camera images (SPECT) and a CT (computed tomography) scan will be taken. The imaging lasts approximately 30 minutes. You will be lying on your back with your arms extended above your head.

On the day of the possible second scan

You will rest for an hour before the scan. You will undergo the same scan as on the first day, but you will not receive medication that affects the blood vessels or need to perform a stress test.

After the examination

The radioactive tracer leaves your body with urine. Drink plenty of fluids and urinate frequently on the examination day.

If you breastfeed, you must stop breastfeeding for 4 hours after the radioactive tracer is administered. The milk expressed during this period must be poured down the drain.

After receiving the radioactive contrast agent, do not hold a child or remain in prolonged close contact with children for the remainder of the day.

Other things to note

Further information about the medicines mentioned in these instructions are available at www.lääkeinfo.fi (in Finnish or Swedish). You can also ask your attending physician.

You will receive the results of the examination from the physician responsible for your treatment.

If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

You will not be charged for the examination separately. Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.