

Procedures/Diagnostic Tests:

Exercise sestamibi scan: Outpatient instructions

Test location: 1st floor heart station

Note:

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

Patient Name _____

Doctor _____

You are scheduled for a sestamibi scan. This test shows how well blood supplies your heart muscle after exercise and at rest. For this test, you will be given sestamibi through an arm vein.

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. Sestamibi makes clearer heart pictures in patients with larger-than-average chests.

Your heart will be scanned twice. This test can be done in one day or 2 days depending on your body weight and height.

- If you weigh more than 200 pounds and you are short the test will be done over 2 days.
- It can be done as a resting scan on the first day or resting scan on the second day for the 2-day scan.
- If you weigh less than 200 pounds, we can do the test on one day. We will do the resting scan first; then 3 hours later, the exercise scan can be done.

A cardiologist evaluates your heart by comparing these two scans.

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

Exercise scan

Exercise scan date:

Time:

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

Test location: 1st floor heart station

Preparation

1. Report to the first floor heart station.
2. Do not eat anything after midnight the night before the scan. You can drink water.
3. Do not take any medications on the morning of the test. Please bring the medications with you.
4. 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.
5. Avoid some over-the-counter pain relievers like Excedrin. Check labels to be sure.
6. Do not take persantine (Dipyrdamole), Theodur, theophylline, albuterol, Trental, or Aggrenox.
7. Do not use nicotine products for at least 12 hours before the test.
8. If you are diabetic, do not take insulin or oral hypoglycemic the morning of your test. Please bring your insulin and other medications you will need, as well as your glucometer, to the test.
9. Wear a loose, comfortable, two-piece outfit and walking shoes (or sneakers). Women should wear bras (without underwire if possible).

Procedure

1. An intravenous (I.V.) catheter will be placed in one of your arm veins.
2. You will walk on a treadmill while your heart rhythm and blood pressure are monitored. A nurse, as well as a doctor or nurse practitioner, will be present while you walk. Tell them if you have any symptoms while walking, such as shortness of breath, chest pain, dizziness, and fatigue.
3. You will be asked to walk as long as you can or until one of the above symptoms limits you. Your nurse, doctor, or nurse practitioner will stop you sooner if they have concerns. You will be asked to help estimate when you feel you can continue for only 2 more minutes: sestamibi will be injected into your I.V. line about 2 minutes before you need to stop. You will not feel the injection or have any side effects from it.
4. You will stop walking, then wait about 30 minutes to an hour. During this waiting time, we will give you ginger ale, juice and crackers to clear the sestamibi from your gallbladder.

5. Next, you will go to the Nuclear Medicine Department. There, you will lie completely still on a flat table. You must stay still for 40 minutes while pictures are taken of your heart.

After the procedure

When all the pictures have been taken, you may eat and drink as usual, and do your regular activities.

- Drink lots of water. This will help clear the sestamibi from your body. It will be excreted in your urine over the next several hours.
- Your referring doctor or your NIH doctor will give you the results.

Resting scan

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:

Preparation

1. Report to the Nuclear Medicine Department on the first floor of the Clinical Center.
2. Do not eat or drink anything after midnight the night before the scan. You can drink water.
3. Please follow all restrictions prior to the exercise scan.

Procedure

- You will receive an intravenous injection of sestamibi. Then, you will wait 30 to 60 minutes. During this waiting time, we will give you some ginger ale, juice and crackers to clear the sestamibi from your gallbladder.
- You will be asked to lie on a flat table for about 40 minutes while pictures are taken of your heart.

After the procedure

When the scan is complete, you may eat and drink as usual and do your regular activities.

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.

This information is prepared specifically for persons taking part in clinical research at the National Institutes of Health Clinical Center and may not apply to patients elsewhere. If you have questions about the information presented here, talk to a member of your health care team.

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National Institutes of Health Clinical Center
Bethesda, MD 20892
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