

## Nuclear Cardiac Scan

Nuclear Cardiac Scan is used to assess how well blood is getting to the heart muscle.

### Preparation

DO NOT DRINK tea, herbal tea, coffee, hot chocolate, soft drinks or eat chocolate for at least twenty four hours (24hrs) prior to the study i.e., NO CAFFEINE.

You may drink water as needed.

No food for 4 hours prior to the examination. If you have diabetes, please advise the staff at time of booking as personalised instructions will be given.

Bring a list of all medications you are currently taking, and refer to the medications listed within this leaflet for specific instructions.

Wear comfortable or casual clothing (i.e., top and pants or skirt and walking shoes) and leave all valuables at home.

You will be required to remove clothing to the waist to allow for the attachment of ECG pads for monitoring.

A gown will be supplied. A sports bra is often useful for ladies.

### Procedure

This test has 2 parts which can be done together or on separate days:

#### → PART 1 - RESTING PHASE

You will receive an injection of an isotope, then be asked to "rest" in the waiting room for approximately 40mins. Once the tracer has been taken up by your heart, images will be taken of your heart at rest under a gamma camera.

Time: Approx. 1.5 hours.

#### → PART 2 - STRESS TEST

You will either pedal on an exercise bike, walk on a treadmill, or receive an injection of a drug to stress the heart. The doctor will monitor your heart with a cardiograph (ECG). Near the end of this procedure, you will receive another injection of the isotope.

A light meal only can be eaten at this stage before stress images are taken.

Time: Approx 2.5 hours.

- You will not feel any different following the injection.
- The radiation dose from the isotope injections is small.
- The radioactive material disappears rapidly from the body. Certain precautions will be suggested.
- Reactions and side effects from these injections are extremely rare.
- The risk of heart attack from a stress test is very small (1 in 10,000)
- You will be able to continue with your usual daily activities.

### Your appointment

The radiopharmaceutical required for your test is expensive and is perishable. Please notify reception at least 24 hours prior to your appointment if you are unable to attend. This will enable another person the opportunity to take your appointment time and not waste the radiopharmaceutical.

### Medications to be discontinued prior to the scan.

The medications shown can sometimes interfere with the nuclear scan.

If you are taking any of these, please check with your own doctor to ensure that it is safe to cease taking them.

If you are taking any medications other than those listed, you must continue to take them as normal.

### Medications to be discontinued prior to scan:

→ TYPE 1 Stop 7 full days before day of test.

Generic name:	Brand name:
Dipyridamole	Persantin, Asasantin
Sildenafil	Viagra

→ TYPE 2 Stop 48 hours (2 full days) before day of test.

Generic name:	Brand name:
Alprenolol	Aptin
Atenolol	Tenormin, Noten, Anselol, Atehexal, Tensig
Metoprolol	Betaloc, Lopressor, Metohexal, Metolol, Minax
Oxprenolol	Corbeton, Trasicor
Pindolol	Barbloc, Visken
Propranolol	Deralin, Inderal, Cardinol
Sotalol	Sotacor, Cardol, Sotahexal
Timolol	Blocadren
Nicorandal	Ikorel
Esmolol	Brevibloc
Carvedilol	Dulatrend

### IMPORTANT

Stop taking these drugs ONLY if your own doctor has agreed.

PLEASE BRING ANY PREVIOUS X-RAYS OR SCANS WITH YOU ON THE DAY OF YOUR EXAMINATION.

CONFIRM ANY PREPARATION REQUIRED WITH STAFF WHEN MAKING YOUR APPOINTMENT.

Putting People in the Picture

[www.centralcoastradiology.com.au](http://www.centralcoastradiology.com.au)

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Leaders In Diagnostic Imaging

# Your doctor may request to go filmless

**With the growing use of digital imaging, Ultrascan Radiology is giving doctors the opportunity to not receive hard copy films and to replace them with electronic reports and images – in other words, go “filmless”.**

If your referring doctor elects to go “filmless,” once you have completed your medical imaging examination, you will no longer have to wait for x-ray films. The images will be sent electronically to your doctor’s computer together with a report from our Radiologist.

If you require films in the future, all films are stored digitally and can be requested at anytime with 24 hour notice.

NUCLEAR CARDIAC SCANS ARE PERFORMED AT OUR  
KANWAL, BRISBANE WATERS & GOSFORD CLINICS

## Central Coast Radiology & Nuclear Medicine clinics

### Erina

194 The Entrance Road, Erina 2250  
Ph: 4365 1866 | Fax: 4365 1814

### Long Jetty

4/13-15 Thompson Street, Long Jetty 2261  
Ph: 4332 5532 | Fax: 4332 6262

### Brisbane Waters

21 Vidler Avenue, Woy Woy 2256  
(in Brisbane Waters Private Hospital)  
Radiology: Ph: 4343 1066 | Fax: 4344 2171  
Nuclear Medicine: Ph: 4342 2061 | Fax: 4342 7681

### Gosford (Nuclear Medicine)

99-101 Holden Street, Gosford 2250  
Ph: 4323 1844 | Fax: 4323 1261

### Kanwal

654 Pacific Highway, Kanwal 2259  
(in the Medical Complex at Wyong Hospital)  
Radiology: Ph: 4393 0200 | Fax: 4393 0201  
Nuclear Medicine: Ph: 4393 1000 | Fax: 4393 2111

[www.centralcoastradiology.com.au](http://www.centralcoastradiology.com.au)



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