

# Information for patients and carers

## Resting Cardiac Scan

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

## What is a Resting Cardiac Scan?

This is a test to look at the blood flow to the heart muscle at rest.

**Please inform us before you attend:**

- If you are or think you may be pregnant
- If you are breast/chest feeding
- If you weigh over 25 stone (158 kilograms)
- If you have problems standing or need a hoist to transfer

## Preparation for the Scan

Please have nothing to eat or drink for 2 hours prior to your appointment time. If you take any medication, you will still be able to take this with small sips of water only. Please bring a sandwich with you (cheese or similar – it needs to contain fat, so please avoid salad only or diet products), you will be told when to eat this as part of the test.

## Can you bring a relative or friend with you?

A relative or friend can accompany you to the hospital but usually they will not be allowed into the room when you have your examination. Please note that we have limited seating and do not have childcare facilities, therefore small children should not attend your appointment.

## Your scan

The procedure involves an injection followed by a scan. A radiographer will inject a small amount of radioactive tracer (in a liquid form) into a vein in your hand or arm. We will then ask you to wait approximately 45 minutes in our waiting area. During this time it is important that you drink 2 cups of water and eat the sandwich that you brought with you. This helps to give us a better picture of your heart when you have your scan. A water fountain is available free of charge in the waiting area.

You should drink extra fluids for the rest of the day to help reduce the radiation in your body. We will tell you how much to drink when you come and if you are on restricted fluids, we will give you further advice.

You will be asked to remove any metal objects such as belts, braces and jewellery. Female patients will also be asked to remove any undergarments around the chest area. You may keep your outer layers on however we may ask you to wear a hospital gown if your clothes are heavily patterned or decorated. You will have ECG stickers applied to your chest area. These will be connected to an ECG machine during the scan. Your scan will be taken using a gamma camera similar to the one shown in the image below.



Special cameras, which are about the size of a large suitcase, will come very close to you during the scan but you will not be enclosed in a tunnel. You will be required to lie down and remain still during the scan and there will be someone nearby at all times. The images take approximately 30 minutes.

### **Are there any side effects?**

We do not expect any side effects from the injection.

## Are there any risks?

All medical procedures and tests carry both risks and benefits. Your doctor has requested this scan as they feel the information that we will gain is a greater benefit than the risk from being exposed to radiation. Our injections contain a small amount of radioactivity that emits gamma rays (these are similar to x-rays). We use the smallest dose possible, in line with national regulations to provide as much information as we can about your condition.

The results of your scan will give your doctor useful information about your condition and will help to plan your treatment.

## After the scan

After your scan you must continue to follow the advice about drinking that you were given after the injection. You are free to go home or go back to work. Please avoid spending a long time in close contact with young children or pregnant women for the rest of the day. You should aim to spend no more than 15 minutes each hour cuddling or sitting next to them. It is also best if you don't share a bed with a child or a pregnant woman on the evening of your scan.

## Travel Abroad

Please inform the Radiographer on arrival if you intend to travel abroad within 7 days of your scan. Radiation monitoring at security in airports or ports may detect some of the radiation you have received during your scan. We will give you a letter that will state what test you have had and this can be used when travelling.

## Your results

The images will be reviewed after your visit. You will be advised when and how you will receive your results at this time. You will not receive any results on the day of the scan.

## Contact details

Should you require further advice or information please contact:  
Nuclear Medicine on **01772 522381**.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

<https://www.gov.uk/government/publications/ionising-radiation-from-medical-imaging-examinations-safety-advice/exposure-to-ionising-radiation-from-medical-imaging-safety-advice>

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone 08081962638

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

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