SESTAMIBI EXERCISE STRESS TEST
WITH OR WITHOUT PERSANTIN
OUTPATIENT INFORMATION

WHAT IS IT?
This test is performed to assess blood flow to the heart muscle (myocardium) via the coronary arteries, at rest and with stress.

TIME FRAME (5 - 6 hours):
- first injection of sestamibi
- wait for 45 - 60 minutes
- scanning/picture taking: 20 minutes
- wait of one to two hours
- ECG and stress testing, plus second injection of sestamibi
- wait again for 45 - 60 minutes
- scanning/picture taking: 15 minutes

HOW TO PREPARE
(a) NO CAFFEINE: e.g. tea, coffee, cola/pepsi or chocolate for 24 hours before the test.
(b) FASTING: No food for 4 hours pre test, but you may drink water freely.
(c) DIABETICS:
  Diet controlled: Fast from midnight
  Tablet controlled: No diabetic medications and no breakfast, OR diabetic medications and light breakfast before 0630 hrs.
  Insulin controlled: Half insulin dose with light breakfast, but adequate calories, around 0630 hrs.
(d) MEDICATIONS: Please check with your referring doctor if he wants you to cease taking or continue with your betablockers or calcium channel blockers. Examples of these are: Beta blockers- inderal, betaloc, lopressor, tenormin, minax, visken,

WHAT TO BRING
♥ Doctor's referral letter
♥ A list of your tablets
♥ Your Medicare Card

WHAT TO WEAR
Comfortable clothes and flat shoes or joggers for walking on the treadmill.
LADIES: Wear a skirt or slacks and blouse (short sleeved if possible) or we can provide a loose cotton top. Bring a cardigan or jacket to wear over it whilst you sit out in the waiting room for warmth.

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noten, metoprolol may need to be ceased 48 hours BUT always continue taking Sotalol. Calcium channel blockers, e.g. cardizem, isoptin, adalat, norvasc, plendil – may need to be ceased 24 hours before the test.

(ii) Caffeine containing medications such as cafergot, migral, ergodryl stop 24 hours prior to the test.

(iii) Asasantin, Persantin and certain respiratory medications (theophylline, theo-dur, nuelin, brondecon, etc.) must be stopped 48 hours prior to the test, particularly if a Persantin Sestamibi stress test is indicated.

(e) RESPIRATORY PUFFERS: Puffers such as Pulmicort, Beclaforte Atrovent, Bricanyl, Seravent, Ventolin, Intal, Flixotide, etc. must ALWAYS be taken as prescribed and brought with you.

Please check with our doctor or nurse if you have any questions about these instructions.

WHAT DOES IT INVOLVE?
The test is performed in one continuous session over a period of approximately 5 hours. There is a REST part and a STRESS part.

(a) REST STUDY
A needle or cannula will be inserted into a vein in the back of your hand, into which the isotope, sestamibi, is injected. After waiting 45 - 60 minutes you will have the resting scans or pictures of the heart taken. This will take about 20 minutes and you must lie very still.

(b) STRESS STUDY
About an hour or more after the resting pictures, the sister will do an ECG and blood pressure to prepare you for the treadmill exercise or Persantin infusion (+/- gentle exercise). A second dose of the sestamibi will be given for the post-stress pictures. Once again you will wait 45 - 60 minutes before the scans are done which take less than 15 minutes this time.

PERSANTIN (+/- exercise) STUDY
The aim of treadmill exercise is to raise the heart rate sufficiently to make the coronary vessels open up, thus increasing the blood flow and oxygen to the heart. When a person cannot exercise adequately, is taking certain blood pressure medication or has certain ECG changes, a Persantin study may be done. Persantin opens up the coronary vessels as if the person had exercised well. It is given over 4 minutes through the cannula in the hand. This may, or may not, be followed by a few minutes of gentle walking on the treadmill. A second injection of sestamibi for the stress heart scans is given.

The rest images and stress images are then processed, compared, analysed and reported on.

Your results will be posted, or delivered, to your doctor the day after the test. If posted, allow 3 days.