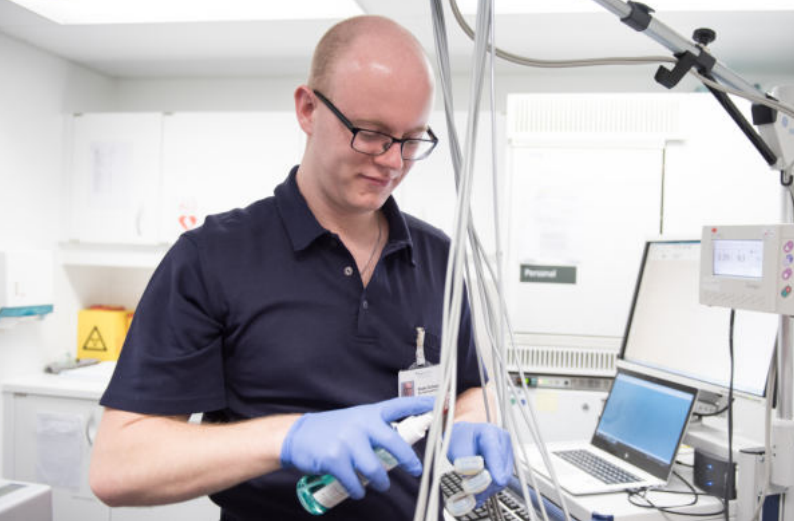


Myocardial Perfusion Scintigraphy





Dear Patient

On behalf of our hospital and clinic management team, we would like to welcome you to the Inselspital Bern. You have been referred to the Department of Nuclear Medicine for an outpatient nuclear medicine procedure. This information leaflet contains further details on the examination preparation and procedure.

General information

Nuclear medicine involves the use of radioactive substances to conduct functional and localization diagnostics for organs, tissues and systems, and treatment using open radionuclides. Radioactive tracers are used to visualise metabolic processes which enables the diagnosis of organ dysfunction without the need for invasive procedures. Camera systems allow the function of organs or body systems to be assessed externally.



Registering for your appointment

- Please bring your Swiss health insurance card with you to your appointment.
- To register your data in the Insel system, please go to the Information Desk/ Patient Reception at the main entrance half an hour before your appointment. You will be given a number there. Once this number is called out, you will be told which cabin to go to for admission.
- Alternatively, you can register using our convenient online Patient Check-In via the Inselspital's homepage up to 48 hours before your examination appointment: www.insel.ch/check-in
- The examination will take place in the INO building, Level B. From the main entrance, follow the red dotted line on the floor to Waypoint 5. Take the elevator to Level B and then continue to follow the red dotted line to Waypoint 8 (Reception, Department of Nuclear Medicine).



Where does the examination take place?

Department of Nuclear Medicine

INO B, North

CH-3010 Bern

Tel.: 031 632 24 54, Fax: 031 632 31 37

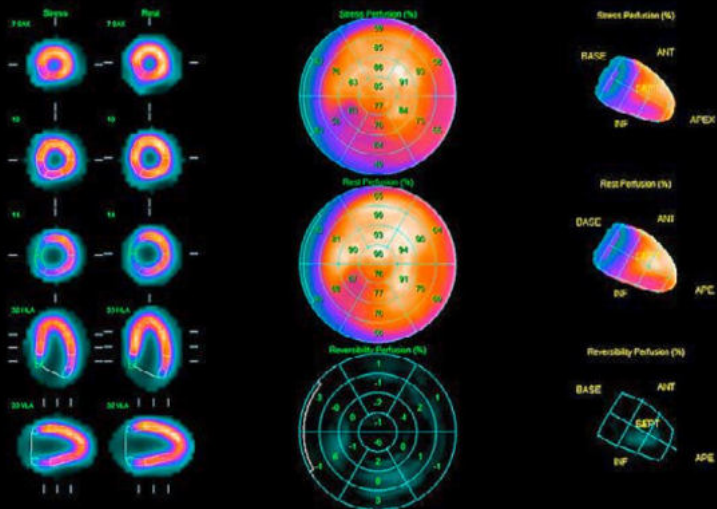
Information on the procedure

Purpose of the examination

The aim of the procedure is to determine how well the blood flows to the heart and its pumping capacity.

Examination procedure

The examination consists of two parts: a functional test of the heart during stress and at rest. Generally, both tests can be completed on the same day. In some cases, depending on physical constitution and weight, it may be necessary to perform the tests on consecutive days.



Stress Test

The physical stress during the stress test is induced either by exercise on a bicycle ergometer or using a drug which simulates the effect of exercise on the heart's circulation. During the stress test, you will be constantly monitored by the doctor and your heart and circulation parameters (ECG, blood pressure and pulse) will be recorded. When the target value for physical exertion is reached, a low-level radioactive substance will be injected into a vein in your arm. The distribution of the substance visualizes the regional blood flow to the heart muscle under physical exertion for the subsequent scintigraphy. Before the scan with the gamma camera begins (duration approx. 30 minutes), you should eat a high-fat meal to ensure optimal image quality.

Rest examination

The rest part of the examination requires the repeated administration of the low-level radiotracer substance at physical rest. Following a high-fat meal, another scan using the gamma camera will be performed (duration approximately 30 minutes).



Preparation for the stress test

- You are required to fast (6 hours) prior to your scheduled appointment.
- It is important that no drinks containing caffeine or tea (e.g. coffee, black tea, cola, energy drinks) are consumed before the appointment. These should be omitted for at least 12 hours before the examination.
- In consultation with your doctor, you may need to stop taking heart medication before the examination (please bring your medication with you).
- Please bring a high-fat meal with you.

Risks and side effects

There are no known side effects associated with the substances used in the procedure. Allergic reactions are extremely rare.

Exposure to radiation

The radiation exposure from this nuclear medicine procedure is approximately equivalent to two times the annual natural radiation exposure in Switzerland and is not influenced by the number of images taken.



After the examination

- On the day of the examination you should avoid prolonged close contact with children under 16 and pregnant women. A distance of 1m is sufficient.
- Breastfeeding women do not need to take a break from breastfeeding. However, it is recommended to refrain from breastfeeding for max. 4 hours.

Please note the following

If you need to cancel your appointment, please call to inform us (031 632 24 54) at the latest by 12:00 one working day prior to your scheduled examination. Failing this, we reserve the right to invoice you for the costs incurred.

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CH-3010 Bern
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www.nukmed.insel.ch

